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AN EASY WAY

TO USE

THE PSALMS

BY

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AMPLEFORTH ABBEY.





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PREFACE.

THE Psalms form such a large portion of our prayer to Almighty God that it is important we should know how to use them to the best advantage. The Psalms may be studied in many ways.

The scholar treats the Psalms as merely historical documents, and spends his energy in discovering when exactly they were written. This inquiry gives scope for a large amount of erudition, and the results obtained are, without doubt, interesting.

As long as we rely on these results alone we may, indeed, be able to fill our minds with the sentiments of the human authors of the individual Psalms, and thus gain some little food for devotion. No doubt, if I could attune my mind to that of holy David, I might occupy myself well during the chanting of the Psalms.

The objection to this method is that for most of us the effort is distracting; and though in the minds of well instructed and erudite people the process might be fruitful, in the case of the simple it is somewhat hopeless. For the most part it does not lead to devotional converse with God, therefore it may be safely left alone by the simple.

Another method of studying the Psalms is to treat them as personal addresses or prayers uttered by myself to my God, just as they were the personal prayers of their original human author.

Suppose I had been the human author of a Psalm, and my God had used me as He used holy David, that Psalm might have been just what it is now to others, but to me it would have been the outpouring of my soul under the guidance of the Holy Spirit. It would have expressed my own wants, my own desires and my own thoughts, just as the Psalms originally did the wants, desires and thoughts of the Psalmist.

I am justified in appropriating the Psalms to myself in this way because of the other and the principal Author of them, the Holy Spirit.

The Church gives them to me to be used as prayers, and the fact that God is their Author makes them usable in this personal way by all those who wish to be in union with Him.

The study of the Psalms in this manner will turn my thoughts on the words in the way in which they suit me, and will express what my heart wishes to say to my God.

Now, I have supposed that you who read these notes are a child of St. Benedict, or, at least, living under some recognised rule, and trying to live according to the spirit of this rule, in definite circumstances, and having certain aims and certain ways of serving God.

The fact that you, as a rational creature, are required to use the Psalms in your prayers to God is sufficient to prove to you that they contain the elements, at least, of the prayer you need use towards God.

This is the study which I propose to open out to you who, following a religious rule, and trying to live in the spirit of that rule, are simple, and desirous

of making the recitation of the Psalms in the Divine Office more of a prayer than has been the case hitherto.

May God grant these few hints, however loosely put together, may help others as they have helped some to keep the mind and heart on God during the holy Office.

There are two ways of using the notes given below. The first is to read through a Psalm, and then to read the paraphrase. If it appear that the hints are likely to help you to make the Psalm your own prayer, it will be better to read and re-read the notes till they are your own. Then whenever that Psalm occurs in the Office, make an effort to recite it in the spirit and manner suggested. After a short time it will be easy to use the Psalm as a prayer from your own heart. Do not attempt at first to use the notes on all the Psalms at once; if you do, you will find that your mind, instead of being concentrated on God, will be simply distracted. Read them all through, if you wish, and mark any, if there be any, that specially appeal to you.

Begin with one of these, and try to find time to read it carefully together with the Psalm. This is an exercise for your cell, and not for the choir. Do not pass on to another for three or four days. Enlarge it for yourself if you feel inclined. When you have got into your mind the devotional meaning which suits you try in the Office to pray in that meaning whilst repeating the Psalm. When you find that you do this easily pass on to another Psalm. If you feel inclined and have the opportunity use the second Psalm chosen as matter for mental prayer in the afternoon whilst you are practising the first during the Divine Office. The object in view is to so let the meaning which suits you sink into your mind that when the Psalm is recited this meaning will easily present itself.

This exercise will take time, but it will undoubtedly enable many hours to be spent most usefully which would otherwise be practically lost.

Even after all the Psalms are mastered it is well to keep any one which specially appeals to you at a particular time, in your mind as long as you are able. This remark leads me to the second method of occupying the mind during the Divine Office; that is, to fasten on one verse and keep it, as far as you are able, before your mind whilst reciting the whole of the Psalm.

Indeed, if one verse or one word give food for prayer it would be well to keep it in your mind for several Psalms, or during the whole Office.

Whatever it is that takes your heart to God and keeps it there, hold on to it with your whole strength; and be sure that you have said your Office to great advantage. In any case, do not tie yourself down to the suggested thought or meaning if any other present itself which takes the soul to God. If that be secured nothing else matters.



AN EASY WAY TO USE THE PSALMS.

—O—

Beatus vir. Ps. 1.

THE desire of the soul which has given herself to the religious life, avoiding both the counsel of the wicked and the way of sin, which is self-seeking,

And the seat of pestilence, which is a confirmed habit of sin, is that her will shall be with God, and that she occupy her heart with Him day and night.

She is so confirmed in her holy profession as to be like a tree planted by a brook of water ; and she shall offer her fruit to God in His good time. The brook is the fount of good example in community life, for the soul is always able to gain strength and encouragement from it.

The leaves which draw nourishment from the sun and the air, *i.e.*, from the warmth of God's consolations, and the freedom and constancy of His inspirations shall not fail : and whatever the soul does, relying on God, shall profit for life everlasting.

On the other hand, those who despise the life of religion, though they seem to succeed here, will profit nothing

BEATUS vir, qui non abiit in consilio impiorum, et in via peccatorum non stetit, et in cathedra pestilentiae non sedit ;

Sed in lege Domini voluntas ejus, et in lege ejus meditabitur die ac nocte.

Et erit tamquam lignum, quod plantatum est secus decursus aquarum, quod fructum suum dabit in tempore suo.

Et folium ejus non defluet ; et omnia quaecumque faciet prosperabuntur.

Non sic impii, non sic ; sed tanquam

pulvis, quem projicit ventus a facie terræ.

Ideo non resurgent impii in iudicio : neque peccatores in concilio justorum.

Quoniam novit Dominus viam justorum et iter impiorum peribit.

QUARE fremuerunt gentes, et populi meditati sunt inania ?

Astiterunt reges terræ, et principes convenerunt in unum, adversus Dominum, et adversus Christum ejus.

Dirumpamus vincula eorum ; et projiciamus a nobis jugum ipsorum.

Qui habitat in coelis, iridebit eos ; et Dominus subsannabit eos.

before God, but the falseness of their ideals and aspirations will be exposed to the whole world at the last day.

In that day the light of God will make the hidden and despised life of a religious glorious before all.

As our Lord appreciates the life of perfection so He would have us grow in our love of it and our desire to attain to it with our whole hearts. In the last day the life of the sinner will be seen in its true light, and will be abhorred by all. May God grant me the greatest constancy in the holy vocation which He has given to me.

Quare fremuerunt gentes. Ps. 2.

THE evil spirits are enraged at the religious life, and against Thee, my God, who lovest it. Their efforts shall be in vain, for Thou art the protection of those who seek to serve Thee in perfection.

There will ever be men who will be drawn by the devil to attack the life we have chosen, and Thee, our Lord, who hast chosen us to be Thy friends.

They put into men's minds all kinds of reasons for breaking up communities. They will attack the vows by which we take up Thy yoke, O my God.

We will not be dismayed, for Thou, our Lord, wilt laugh at all their efforts. We must all the more love our vocation, for Thou art surely on our side and wilt bring all the efforts of Thine enemies to naught.

Thou wilt show Thy anger against all who cast reproach upon the religious life, and they shall be greatly afflicted.

In Thy right as King and Lord of sanctity, Thou wilt found monuments of holiness. Thy reign is most glorious in the lives of Thy saints. Thou dost commit to them the office of proclaiming to an unbelieving world the peace and strength which Thy commandments bring to the heart.

Thy Father has promised Thee, O Lord, that the nation of devout souls shall belong to Thee.

And that they shall be Thy possession over the whole earth. There shall be no place in which is not found some soul serving Thee in holiness.

Thou wilt rule them and have Thy own way with them. Thy way with those who serve Thee is to flesh and blood a hard way, for Thou dost often make the soul to suffer much and to feel Thy chastening power.

The kings here who must attend to Thy will, O God, are the powers of my soul which must have command over my body and keep it in subjection to Thee.

The only safety for my soul is to serve Thee, my God, with a quiet fear, and to sing Thy praises with a loving care.

I must be faithful to my rule lest Thou be angry with me for my negligence, and I go from careless neglect to wilful sin, and perish from the way of the just.

Tunc loquetur ad eos in ira sua ; et in furore suo conturbabit eos.

Ego autem constitutus sum Rex ab eo super Sion montem sanctum ejus, prædicans præceptum ejus.

Dominus dixit ad me : Filius meus es tu, ego hodie genui te.

Postula a me, et dabo tibi gentes hæreditatem tuam, et possessionem tuam terminos terræ.

Reges eos in virga ferrea ; et tanquam vas figuli confringes eos.

Et nunc reges in telligite : erudimini, qui judicatis terram.

Servite Domino in timore, et exultate ei cum tremore.

Apprehendite disciplinam, nequando irascatur Dominus ; et pereatis de via justa.

Cum exarserit in
breviira ejus : beati
omnes, qui confi-
dunt in eo.

In the time of trial I will put all my
trust in Thee, even though Thou
appear angry with me.

Domine, quid multiplicati sunt. Ps. 3.

DOMINE, quid mul-
tiplicati sunt, qui
tribulant me ! mul-
ti insurgunt adver-
sum me.

O LORD, how many dangers I have
to face in my religious life ! How
many temptations assail me !

Multi dicunt ani-
mæ meæ : Non est
salus ipsi in Deo
ejus.

The world whispers to me that I
shall have nothing but trouble if I do
not stand up for and seek myself. The
world looks upon Thy servants as
poor-spirited beings.

Tu autem Domine
susceptor meus es,
gloria mea, et exal-
tans caput meum.

I know that Thou, my Lord, wilt
take me up ; that my glory is in my
likeness to Thee, and my boldness in
my submission to Thee.

Voce mea ad Do-
minum clamavi :
et exaudivit me de
monte sancto suo.

I cry to Thee to help me, and Thou
hast heard me by giving me a strong
desire to come to Thee.

Ego dormivi et
soporatus sum : et
exurrexi, quia Do-
minus suscepit me.

Too long have I slept and been idle
in my religious life, I will rise up with
greater vigour, trusting in Thy sup-
port.

Non timebo millia
populi circumdan-
tis me : exurge Do-
mine, salvum me
fac Deus meus.

I will put aside all fear of what men
can do against me. In Thy mercy
arise, my Lord, and do Thou save me
from myself and from the dangers
which surround me.

Quoniam tu per-
cussisti omnes ad-
versantes mihi sine
causa : dentes pec-
catorum contrivis-
ti.

Thou hast overcome so many diffi-
culties which hindered me. Thou hast
taken away the power of my enemy to
hurt me.

Domini est salus :
et super populum
tuum benedictio
tua.

Relief and strength come from Thee.
Do Thou bless me, Lord, and those who
are united with me in my community
and in the whole Church.

Cum invocarem. Ps. 4.

THOU, the God of my justice, art the good God who hast called me to the perfection of religious life. Thou art ever ready to help me, but especially when Thou bringest trouble upon me.

Have mercy on me: hear and pardon me when I acknowledge my failings before Thee.

Grant that I may be alert to attend to Thee, and not dull my heart with vanity and deceit.

By the glory Thou didst give to our Lord, Thy Son, after all His trials, hear me when I call upon Thee.

Knowing the failings of which I have been guilty, I will be angry and sin not, *i.e.*, I will be angry with myself and be sorry for all my negligence.

I will offer to Thee once more the sacrifice of my vows which are the bonds of perfection; I will put all my trust in Thee, for Thou wilt be good to me and grant me the grace to keep firm to my promises. I will thank Thee for allowing me to make my vows to Thee in spite of what men say against them.

Thou hast signed upon me the light of Thy countenance by the call to religion, and in Thy mercy Thou hast given me the joy of serving Thee. Let that joy grow greater in my heart.

Cum invocarem, exaudivit me Deus justitiæ meæ, in tribulatione dilatasti mihi.

Miserere mei, et exaudi orationem meam.

Filii hominum usquequo gravi corde? ut quid diligitis vanitatem, et quæritis mendacium?

Et scitote quoniam mirificavit Dominus sanctum suum: Dominus exaudiet me, cum clamavero ad eum.

Irascimini et nolite peccare; quæ dicitis in cordibus vestris, in cubilibus vestris compungimini.

Sacrificate sacrificium justitiæ, et sperate in Domino. Multi dicunt, Quis ostendit nobis bona?

Signatum est super nos lumen vultus tui Domine, dedisti lætitiā in corde meo.

A fructu frumenti,
vini, et olei sui,
multiplicati sunt.

In pace in idipsum
dormiam in requi-
escam.

Quoniam tu Do-
mine singulariter in
spe constituisti me.

VERBA mea auribus
percipe Domine :
intellige clamorem
meum.

Intende voci ora-
tionis meæ, Rex
meus et Deus meus.

Quoniam ad te
orabo, Domine ma-
ne exaudies vocem
meam.

Mane astabo tibi
et videbo ; quoni-
am non Deus volens
iniquitatem tu es.

Neque habitabit
juxta te malignus,
neque permanebunt
injusti ante oculos
tuos.

Odisti omnes qui
operantur iniquita-
tem : perdes omnes
qui loquuntur men-
dacium.

Virum sanguinum
et dolosum abomi-
nabitur Dominus :

The joy Thou givest me is beyond all
the joys of earth.

Because Thou, my kind Lord, art so
good to me and art always the self-
same merciful Lord to me, I will take
my rest and be at peace, both in my
own heart and with all those who live
with me.

For Thy call has given me hope that
Thy kindness will continue to me all
the days of my life.

Verba mea. Ps. 5.

GIVE ear to me, O Lord, and let me
know that Thou hast heard my
prayer.

Listen to me, for I desire to be Thy
most faithful subject. Thou art my
King and my God.

For I come to Thee in prayer in the
morning before I engage in any work.
I wish, O my Lord, to give Thee the
first place in my thoughts.

Allow me, O my God, to stand be-
fore Thee and in the light of Thy kind
grace to see plainly how I may avoid
all sin.

Thou wilt not let me stay near Thee,
my God, if I seek myself and forget
Thee. Nor can I dare to stand before
Thy face whilst I refuse to give Thee
the service Thou so justly askest of me.

I will strive to be very sincere in Thy
sight, for Thou hatest a lie.

If I am careless of the life of my soul,
and if I make any attempt to deceive
Thee I know I shall be an abomination

to Thee. I can safely rely on many mercies and Thy kindness to me shown in so many ways.

Relying on Thy mercy I will go into choir, and I will adore Thee in the Holy Tabernacle, ever remembering the reverence I owe to Thee.

Lead me, Lord, to the perfection to which Thou hast called me, and let me walk always in Thy sight and according to Thy direction, for many enemies are ready to assail me.

They are not to be trusted; they whisper lies to me. They try to raise in me a desire for what is worthless.

As an open grave sends forth noisome vapours, so the words spoken against religious perfection are abominable. They who use such words deceive themselves. Do Thou deal with them, O God.

May their devices fail. Let them be of no account, for by their conduct they have angered Thee, my Lord.

I, who long to be Thy friend, will put my hope in Thee, and beg Thee to make my service a service of joy.

I will glory in Thee, my God, and love Thy holy name.

Thou wilt bless me, for hast Thou not crowned me already, Lord, and made me Thine? Thy goodness shall ever guard me.

ego autem in multitudine misericordiæ tuæ.

Introibo in domum tuam, adorabo ad templum sanctum tuum in timore tuo.

Domine deduc me in iustitia tua, propter inimicos meos dirige in conspectu tuo viam meam.

Quoniam non est in ore eorum veritas : cor eorum vanum est.

Sepulchrum patens est guttur eorum ; linguis suis dolose agebant : iudica illos Deus.

Decidant a cogitationibus suis ; secundum multitudinem impietatum eorum expelle eos, quoniam irritaverunt te Domine.

Et lætentur omnes, qui sperant in te ; in æternum exultabunt, et habitabis in eis.

Et gloriabuntur in te omnes, qui diligunt nomen tuum ; quoniam tu benedices justo.

Domine, ut scuto bonæ voluntatis tuæ, coronasti nos.

Domine, ne in furore tuo. Ps. 6.

DOMINE, ne in furore tuo arguas me, neque in ira tua corripas me.

Miserere mei Domine, quoniam infirmus sum : sana me Domine, quoniam conturbata sunt ossa mea.

Et anima mea turbata est valde ; sed tu Domine usquequo ?

Convertere Domine, et eripe animam meam : salvum me fac propter misericordiam tuam

Quoniam non est in morte, qui memor sit tui : in inferno autem quis confitebitur tibi ?

Laboravi in gemitu meo, lavabo per singulas noctes lectum meum, lacrymis meis stratum meum rigabo.

Turbatus est a furore oculus meus : inveteravi inter omnes inimicos meos.

Discedite a me omnes, qui operamini iniquitatem : quoniam exaudivit Dominus vocem fletus mei.

Exaudivit Dominus deprecationem

THE thought of the sins by which I have offended Thee, my God, force me to call on Thee for mercy.

I will appeal to Thy mercy and encourage myself to bear all the pain Thou mayest put upon me.

I will also be ready to submit if Thou send me anguish of soul in temptation, but I will beg of Thee to quickly relieve me.

I will remember Thee at all times as my Saviour and my merciful Redeemer I will entreat Thee to snatch my soul from all infidelity.

If I leave Thee by sin I cannot give to Thee any of the things I have promised Thee.

At least, I will bewail my past sins and my many meannesses in Thy service.

I will bewail to Thee the blindness of my past life, and the long time I have held back in Thy service.

I must separate myself from all who work iniquity, for Thou, O Lord, hast heard the voice of my repentance.

Thou, my Lord, hast heard my cry

of supplication, and Thou hast let me approach Thee in prayer.

There is nothing but shame for me if I join myself any more to Thy enemies and mine.

Domine Deus meus. Ps. 7

IN all the difficulties and trials of life I must hope for help from Thee, my God. By Thy power alone can I be secure.

If I trust in myself I shall become a prey to the evil one, and no one can save me.

O Lord my God, I have indeed sinned against Thee, and Thou hast found me prone to evil from my youth.

And Thou knowest that I have done evil to many. In Thy justice Thou mightest punish me, but I beg of Thee to spare me.

Whatever persecution from others Thou, O my God, dost will to inflict on me, yea, even loss of life and my good name, I am willing to suffer if it be to Thine honour.

Still I call upon Thee, O my God, to arise and help me, to free me from my enemies, and deliver me from the sins which oppress my soul.

nem meam : Dominus orationem meam suscepit.

Erubescant et conturbentur vehementer omnes inimici mei : convertantur et erubescant valde velociter.

DOMINE Deus meus, in te speravi : salvum me fac ex omnibus persecutionibus me, et libera me.

Nequando rapiat ut leo animam meam, dum non est qui redimat, neque qui salvum faciet.

Domine Deus meus, si feci istud, si est iniquitas in manibus meis ;

Si reddidi retribuentibus mihi mala : decidam merito ab inimicis meis inanis.

Persequatur inimicus animam meam, et comprehendat et conculcet in terram vitam meam, et gloriam meam in pulverem deducat.

Exurge Domine in ira tua, et exaltare in finibus inimicorum meorum.

Et exurge Domine
Deus meus in præ-
cepto, quod man-
dasti, et synagoga
populorum circum-
dabit te.

Et propter hanc
in altum regredere,
Dominus judicat
populos.

Judica me Domine
secundum justitiam
meam ; et secun-
dum innocentiam
meam super me.

Consumetur ne-
quitia peccatorum,
et diriges justum ;
scrutans corda et
renes Deus.

Justum adjuto-
rium meum a Do-
mino ; qui salvos
facit rectos corde.

Deus judex jus-
tus, fortis, et pa-
tiens ; numquid ir-
ascitur per singulos
dies ?

Nisi conversi fue-
ritis, gladium su-
um vibrabit ; ar-
cum suum tetendit,
et paravit illum.

Et in eo paravit
vasa mortis ; sagit-
tas suas ardentibus
effecit

Ecce parturiit in-
justitiam ; conce-
pit dolorem, et pe-
perit iniquitatem.

I need Thy help, O my God, to be faithful to Thy commands in holy religion. Do Thou help me and grant that Thy friends, my companions may be an assistance to me.

For the sake of the saints Thou art in heaven. Grant that I may follow them in their fidelity to Thee here, and be ready to stand with confidence before Thee when Thou judgest the world.

I rely, not on myself, but on the justice Thou hast promised me, and on the simplicity of my service. I long to be innocent in Thy eyes.

Thou, who knowest all hearts, lead me that I may be just in Thy sight. Search into my heart, Lord, and cleanse it from all stain of sin.

Thy justice will be satisfied if Thou wilt look upon Thy Son who has chosen me and who protects me. He will make my heart upright before Thee.

How patient Thou hast been with my waywardness in the past ! Grant that I may appease Thy just anger by my generous care in the future.

If I be not converted to Thee there is nothing before me but trouble, and I must expect to incur Thy wrath.

My carelessness may easily lead to greater sin, and bring sorrow and anxiety upon me.

The impious shall bring forth works that rob Thee of what is Thine, but sorrow and sin shall follow the forgetfulness of Thee.

Their works done without Thee shall be a pit into which they themselves shall fall.

In Thy justice bring sorrow upon the impious who strive against Thee and against the perfection which Thou demandest from Thy servants.

Grant that I may give Thee praise by my love of Thy will and by my serious attempt to follow the call to perfection which Thou hast given me, and in Thy mercy let me continue to sing Thy praises here and hereafter.

Domine, Dominus noster. Ps. 8.

MY God, how great and glorious art Thou in the whole earth! Would that I could appreciate Thy glory.

Oh, would that I could understand the wonders of Thy dealing with Thy saints!

O God! make me simple in Thy sight that my praise may be perfect before Thee. Grant that I may make some little reparation to Thee for all the injury the enemy of souls attempts to inflict on Thee.

I will praise Thee for all Thy beauty manifested over the whole universe. Grant that my eyes may be open to see all Thy goodness.

I am so worthless, how canst Thou, my God, think of me? How canst Thou deign to visit me?

As I came from Thee I was only a little lower than the angels. Oh! how far have my sins removed me from

Lacum aperuit, et effodit eum; et incidit in foveam, quam fecit.

Convertetur dolor ejus in caput ejus; et in verticem ipsius iniquitas ejus descendet.

Confitebor Domino secundum justitiam ejus: et psallam nomini Domini altissimi.

DOMINE Dominus noster, quam admirabile est nomen tuum in universa terra.

Quoniam elevata est magnificentia tua super cœlos

Ex ore infantium et lactentium perfecisti laudem propter inimicos tuos; ut destruas inimicum et ultorem.

Quoniam videbo cœlos tuos, opera digitorum tuorum, lunam et stellas, quæ tu fundasti.

Quid est homo, quod memor es ejus? aut filius hominis, quoniam visitas eum?

Minuisti eum paulo minus ab Angelis; gloria et honore coronasti

eum; et constituisti eum super opera manuum tuarum.

Omnia subiecisti sub pedibus ejus; oves et boves universas; insuper et pecora campi.

Volucres cœli, et pisces maris, qui perambulant semitas maris.

Domine Dominus noster, quam admirabile est nomen tuum in universa terra.

CONFITEBOR tibi Domine in toto corde meo; narrabo omnia mirabilia tua.

Lætabor et exultabo in te; psallam nomini tuo Altissime.

In convertendo inimicum meum retrorsum; infirmabuntur et peribunt a facie tua.

Quoniam fecisti judicium meum et causam meam, sedisti super thronum, qui judicas justitiam.

Increpasti gentes, et periit impius; nomen eorum delecti in æternum, et in sæculum sæculi.

Thee! The glory and honour that Thou hast made me capable of giving to Thee Thou Thyself must help me to remember.

Thou, O my God, hast given me the power of subjecting all my being to Thee.

In the force of my union with Thee all things are in my power. I will praise Thee and rejoice in Thee, O Lord, for ever and ever.

O Lord, my Lord! how admirable art Thou! How worthy of praise and honour is Thy holy name in the whole earth!

Confitebor tibi Domine. Ps. 9.

I WILL give my whole-hearted praise to Thee, O my Lord, I will busy myself with Thy works and Thy interests.

O Thou Most High God! I will be glad and rejoice in Thee, and willingly join the choir in singing Thy praises.

The enemy who tempts me and tries to rob my soul of joy shall be driven away and shall perish before Thy face, O God my Protector.

For I will commit my cause to Thee who judgest my intentions. Grant, O Lord, that I may keep firmly my intention to follow Thee in the way of perfection.

Thou hast so often brought my enemy to nought that from mere experience I am forced to trust Thee.

They who fight against Thee have so often failed in the past, and Thou hast destroyed their works.

I have been able to forget their very existence, but do Thou, Lord, grant me the grace never to forget Thee.

Thou, my merciful God, wilt judge me with justice, for Thou wilt have regard to my weakness.

And though Thou art my Judge I can trust Thee, because Thou art my helper and my refuge in all my needs. I come to Thee as one so poor that I can do nothing for myself.

I will trust Thee, for Thou hast shown Thy kindness to me, allowing me to call Thee mine. Seeking Thee, let me always find Thee, O Lord.

I will sing to Thy name, and strive to make known Thy ways by my prayers and my faithful service.

The trials of Thy friends are always before Thee. Thou dost not turn aside from the cry of the poor in heart.

Have mercy on me, O Lord ! look upon the humiliations that are put upon me because I try to serve Thee, and do Thou give me strength to bear them.

O my God, Thou that liftest me up from the gates of death, in Thy mercy allow me to make known Thy praises in the holy choir, the gate of heaven.

Inimici defece-
runt frameæ in fi-
nem ; et civitates
eorum destruxisti.

Periit memoria
eorum cum sonitu ;
et Dominus in
æternum perma-
net.

Paravit in iudicio
thronum suum ; et
ipse iudicabit or-
bem terræ in æqui-
tate ; iudicabit po-
pulos in iustitia.

Et factus est Do-
minus refugium
pauperi ; adjutor in
opportunitatibus,
in tribulatione.

Et sperent in te
qui noverunt no-
men tuum ; quo-
niam non dereli-
quisti quærentes
te Domine.

Psallite Domino,
qui habitat in Sion ;
annuntiate inter-
gentes studia ejus.

Quoniam requi-
rens sanguinem
eorum recordatus
est ; non est oblitus
clamorem paupe-
rum.

Miserere mei Do-
mine ; vide humi-
litem meam de
inimicis meis.

Qui exaltas me
de portis mortis ;
ut annuntiem om-
nes laudationes
tuas in portis filiæ
Sion.

Exultabo in salutari tuo : infixæ sunt gentes in iteritu, quem fecerunt.

In laqueo isto, quem absconderunt, comprehensus est pes eorum.

Cognoscetur Dominus judicia faciens ; in operibus manuum suarum comprehensus est peccator.

Convertantur peccatores in infernum ; omnes gentes, quæ obliviscuntur Deum.

Quoniam non in finem oblivio erit pauperis ; patientia pauperum non peribit in finem.

EXURGE Domine, non confortetur homo ; judicentur gentes in conspectu tuo.

Constituë Domine legislatorem super eos ; ut sciant gentes, quoniam homines sunt.

Ut quid Domine recessisti longe ; despicias in opportunitatibus, in tribulatione ?

Dum superbit impius, incenditur pauper ; comprehenduntur in consiliis, quibus cogitant.

Give me joy in Thy salvation, *i.e.*, in the life and example of Thy Son, and thus my foot shall not fall into the snare.

Grant that I be not a hindrance to any soul.

Thou shalt be the judge of all hearts. No deceit shall be hidden from Thee.

It is my duty to bear Thee in mind now, that I may never be forgetful of Thee.

As I am poor and needy Thou wilt not forget me. Give me patience to wait Thy time and trust Thee to the last.

Division of Ps. 9 in Benedictine Breviary.

ARISE, O Lord ! let not human nature prevail in me, but make me subject to Thy law and Thy kind providence at all times.

I will thank Thee for Thy law which constrains me. I will remember that I am Thy creature and Thy child.

When I trust myself Thou dost retire from me, and dost seem to leave me alone in my trouble.

The pride of the impious is a grievous affliction of the poor. The counsels of the proud ever seek to bring destruction on Thy friends.

The praise of the world is given to Thy enemies, O God ; and its blessings are poured out on those who work iniquity. Grant that I do not seek such praise and blessing.

The sinner has provoked Thee. O Lord. Allow me not to blind myself by passion so that I seek Thee not in Thy works.

Grant, Lord, that I may always keep Thee before my eyes that my life may not become worthless in Thy sight.

I will keep before me the thought of Thy certain judgment, and remember to be kind and merciful to others that Thou mayest be kind to me.

Let me not rely on my own strength, thinking I can be free from sin by my own power.

Unless Thou, O Lord, help me there is no depth of sin to which I may not sink. My words will be full of bitterness, and sorrow will come upon me.

If I have been a stumbling-block to others I know not what evil I may have done ; do Thou pardon me.

The enemy of my soul is always watching me and striving to take me from Thee.

For the attraction of evil is great because of my weakness. Do Thou, O Lord, strongly draw me to Thee.

Quoniam laudatur peccator in desideriiis animæ suæ ; et iniquus benedicitur

Exacerbavit Dominum peccator : secundum multitudinem iræ suæ non quæret.

Non est Deus in conspectu ejus ; inquinatæ sunt viæ illius in omni tempore.

Auferuntur judicia tua a facie ejus : omnium inimicorum suorum dominabitur.

Dixit enim in corde suo : Non movebor a generatione in generationem sine malo.

Cujus maledictione os plenum est, et amaritudine et dolo ; sub lingua ejus labor et dolor.

Sedet in insidiis cum divitibus in occultis, ut interficiat innocentem.

Oculi ejus in pauperem respiciunt ; insidiatur in abscondito, quasi leo in spelunca sua.

Insidiatur, ut rapiat pauperem ; rapere pauperem, dum attrahit eum.

In laqueo suo humiliabit eum : inclinabit se et cadet, cum dominatus, fuerit pauperum.

Dixit enim in corde suo : Oblitus est Deus ; avertit faciem suam, ne videat in finem.

Exurge, Domine Deus, exaltetur manus tua, ne obliviscaris pauperum.

Propter quid irritavit impius Deum ? dixit enim in corde suo : Non requiret.

Vides, quoniam tu laborem et dolorem consideras. ut tradas eos in manus tuas

Tibi derelictus est pauper : orphanus tu eris adjutor.

Contere brachium peccatoris et maligni : quæretur peccatum illius et non invenietur

Dominus regnabit in æternum, et in sæculum sæculi : peribitis gentes de terra illius.

Desiderium pauperum exaudivit Dominus : præparationem cordis eorum audivit auris tua.

The devil will take constant pains to ruin my soul. I must be always on the watch.

In my trial he suggests to me that Thou, my God, hast abandoned me.

Arise, O Lord ! forget me not though I am poor and worthless.

I will not be as the wicked to provoke Thee ; I will never doubt of Thy kind providence for me.

Thou seest, O Lord, the efforts I have made ; though they are weak they are sincere, and I have always sorrowed for my sin. In Thy mercy towards me Thou shalt overcome the evil one again.

Whilst I am poor I am Thine ; and when I am an orphan Thou shalt be my helper.

Exert Thy power, O Lord, and nothing shall remain of all the designs of the devil. Blot out my sin that there be no trace of it in my soul.

Thou, Lord, shalt reign in my heart for ever, and all that is not Thine shall perish from my mind.

Thou hast heard the desire of my poor soul, O my Lord. Thine ear hath listened for and been interested in the preparations I have made that I may come to Thee in prayer.

I can safely commit my cause to Thee. I am but a little one in Thy sight ; I am fatherless if Thou do not help me. Grant that I take no praise to myself, but give all that I have to Thee.

Judicare pupillo et humili ; ut non apponat ultra magnificare se homo super terram.

In Domino confido. Ps. 10.

I TRUST in Thee, O God ! and no one shall disturb me. I will not fly away from Thee, how much soever the tempter shall try to persuade me to leave Thee.

He truly recounts the dangers I have to meet in drawing near to Thee.

The forces of evil have done much to destroy what the saints have built up so that it may seem as if there were nothing that I could hope to do for Thee.

I will come to Thee in choir. I will stand before Thee present in the Most Blessed Sacrament.

Thy eyes will look kindly upon me, O Lord, because I am poor and unable to do anything without Thee.

I will remember Thy judgment which is to come. I will strive to drive away from me all sin and all false love of self which will make me a traitor to my own soul.

IN Domino confido; quomodo dicitis animæ meæ : Transmigre in montem sicut passer ?

Quoniam ecce peccatores intenderunt arcum, paraverunt sagittas suas in pharetra, ut sagittent in obscuro rectos corde.

Quoniam, quæ perfecisti, destruxerunt : justus autem quid fecit ?

Dominus in templo sancto suo, Dominus in cœlo sedes ejus ;

Oculi ejus in pauperem respiciunt, palpebræ ejus interrogant filios hominum.

Dominus interrogat justum et impium : qui autem diligit iniquitatem, odit animam suam.

Pluet super peccatores laqueos : ignis, et sulphur, et spiritus procellarum pars calicis eorum.

Quoniam justus Dominus, et justitias dilexit ; æquitatem vidit vultus ejus.

Thus only shall I escape Thine anger.

Thou art just and wilt love me if I keep Thy word ; Thy face shall rejoice my heart when I am in Thy grace. Make me, Lord, to be a delight to Thee.

Salvum me fac, Domine. Ps. 11.

SALVUM me fac Domine, quoniam defecit sanctus, quoniam diminutæ sunt veritates a filiis hominum.

SAVE me, O Lord ! for there is no one whom I can wholly trust except Thee. Thy words are always true.

Vana locuti sunt unusquisque ad proximum suum : labia dolosa, in corde et corde locuti sunt.

There is vanity and deceit around me. There is one meaning on the lips and another in the heart.

Disperdat Dominus universa labia dolosa, et linguam magniloquam.

O my Lord ! guard me from this deceit, and from the pride which will make me boastful. Only in humility and subjection to Thee can I hope for security.

Qui dixerunt : Linguam nostram magnificabimus, labia nostra a nobis sunt, quis noster Dominus est ?

I will return Thee all the praise that is given to me. Let me never forget that Thou art all in all to me, my Lord and my God.

Propter miseriam inopum, et gemitum pauperum, nunc exurgam, dicit Dominus.

If I own my weakness and come before Thee as one needy and poor Thou wilt surely help me.

Ponam in salutari, fiducialiter agam in eo.

Thou wilt arise in Thy strength and in Thy power Thou wilt bring me to Thee in safety, and Thou wilt do Thy will in me without hindrance.

Thy words, O Lord ! I can trust, for they are pure words as silver purified seven times. Thy words are always precious to my soul.

I will be confident that Thou wilt preserve me from vanity and deceit for ever.

Though the wicked may try their utmost to hinder me I will trust in Thy kindness that I may be added to the multitude of Thy servants which is ever increasing on the earth.

Usquequo, Domine. Ps. 12.

HOW long, O Lord, wilt Thou forget me ? Thou dost seem to forget me when Thou allowest me to fall into some humiliating fault. Then it seems to me that Thou hast turned away Thy face from me.

Then I turn into myself and have sorrow in my heart all the day.

Then my enemy seems to have me in his power. But I will cry to Thee, O Lord ! Cast Thine eyes upon me and hear me.

Enlighten my eyes that I be ever on the watch ; let me not fall into the sleep which is the death of the soul, lest my enemy say that he has indeed prevailed against me.

Eloquia Domini, eloquia casta, argentum igne examinatum, probatum terræ, purgatum septuplum.

Tu Domine servabis nos, et custodies nos, a generatione hac in æternum

In circuitu impii ambulant : secundum altitudinem tuam multiplicasti filios hominum

USQUEQUO Domine oblivisceris me in finem ? usquequo avertis faciem tuam a me ?

Quamdiu ponam consilia in anima mea, dolorem in corde meo per diem ?

Usquequo exaltabitur inimicus meus super me ? respice et exaudi me, Domine Deus meus.

Illumina oculos meos, ne unquam obdormiam in morte, nequando dicat inimicus meus : Prævalui adversus eum.

Qui tribulant me,
exultabunt, si mo-
tus fuero ; ego au-
tem in misericor-
dia tua speravi.

Exultabit cor me-
um in salutari tuo,
cantabo Domino
qui bona tribuit
mihi, et psallam
nomini Domini al-
tissimi.

DIXIT insipiens in
corde suo : Non est
Deus.

Corrupti sunt et
abominabiles facti
sunt in studiis suis :
non est qui faciat
bonum, non est
usque ad unum.

Dominus de cœlo
prospexit super fili-
os hominum, ut vi-
deat si est intel-
ligens aut requirens
Deum.

Omnes declina-
verunt, simul inu-
tiles facti sunt :
non est qui faciat
bonum, non est
usque ad unum.

Sepulchrum pa-
tens est guttur eo-
rum, linguis suis
dolose agebant, ve-
nenum aspidum sub
labiis eorum.

If I be moved from my firm trust in
Thee the evil one will rejoice over me ;
but my hope is in Thy mercy. Do
Thou, my God, in Thy great mercy
preserve me from sinning against
Thee.

Fill my heart with joy, and make
me ever ready to sing to Thee who art
so good to me. I will sing to Thy
name, O my God ! My own Lord,
in whom I place all my trust !

Dixit insipiens. Ps. 13.

O MY God ! how vain and foolish
will be my life if I forget Thee,
and live as if Thou wert not ! Let me
ever live in Thy presence.

If I forget Thee, O my God, my ways
will speedily become an abomination
to Thee ; I shall fail to see the good
there is in the lives of my brethren,
and I shall take low views in my life.
I shall not do the good Thou wilt
me to do.

I will remember that Thou art ever
looking upon me to see if I am trying
to appreciate Thee in my life, and
seeking to follow Thy will, O my God.

I confess to Thee that I am very
worthless. I do no good with all my
advantages.

How much I offend Thee in my
words ! How often I am careless
about truth ! How bitter in my
thoughts about my companions !

How full of exaggeration in blaming !
How careless I am of the good name
of those who offend me !

I shall be filled with sorrow and
there will be no peace in my life unless
I live constantly in Thy presence.
O my God, give me a filial fear of
offending Thee.

Unless I live in Thy presence I shall
persuade myself that there is no
punishment for my sins, and so grow
worse and worse in Thy sight.

Peace will leave me, and I shall be
full of the fear of men and be ashamed
to act courageously in Thy service,
whilst there is no true cause of fear.

Thou art ever ready to help all who
do Thy will. However the forces of
evil strive to disturb me, I will put
my trust in Thee. Thou art my hope.

Where am I to look for safety but to
Thee, O my Lord, the salvation of all
who turn to Thee ? When all my
trouble is passed I will rejoice and be
glad in Thee for ever.

Domine, quis habitabit. Ps. 14.

O LORD, who am I that Thou hast
called me to dwell in Thy taber-
nacle, and on the holy hill of religious
perfection ?

How pure I should be in Thy sight
and with what earnestness should I

Quorum os male-
dictione et amari-
tudine plenum est,
veloces pedes eo-
rum ad effunden-
dum sanguinem.

Contritio et in-
felicitas in viis eo-
rum, et viam pacis
non cognoverunt ;
non est timor Dei
ante oculos eorum.

Nonne cognos-
cent omnes qui
operantur iniqui-
tatem, qui devo-
rant plebem meam
sicut escam panis ?

Dominum non
invocaverunt : illic
trepidaverunt tim-
ore ubi non erat
timor.

Quoniam Domi-
nus in generatione
justa est : consili-
um inopis confudi-
stis ; quoniam Do-
minus spes ejus
est.

Quis dabit ex
Sion salutare Is-
rael ? cum averterit
Dominus captivi-
tatem plebis suæ,
exultabit Jacob et
lætabitur Israel.

**DOMINE, quis ha-
bitabit in taberna-
culo tuo ? aut quis
requiescet in mon-
te sancto tuo ?**

**Qui ingreditur
sine macula, et**

operatur justitiam.

Qui loquitur veritatem in corde suo, qui non egit dolum in lingua sua.

Nec fecit proximo suo malum, et opprobrium non accepit adversus proximos suos.

Ad nihilum deductus est in conspectu ejus malignus : timentes autem Dominum glorificat.

Qui jurat proximo suo, et non decipit, qui pecuniam suam non dedit ad usuram, et munera super innocentem non accepit.

Qui facit hæc, non movebitur in æternum.

CONSERVA me, Domine, quoniam speravi in te ; dixi Domino : Deus meus es tu, quoniam bonorum meorum non eges.

Sanctis qui sunt in terra ejus, mirificavit omnes voluntates meas in eis.

run in the way of perfection ! This is demanded by Thy justice, O my God !

Make me, O Lord, sincere in heart and careful about truth in my words.

Help me to be on my guard in word and deed that I do no injury to my neighbour. Let me beware of either casting on him any unjust blame, or of listening to uncharitable tongues which speak against him.

Thou seest all the evil that I may so easily fall into ; Thou wilt honour me if I fear to offend Thee.

I will strive to be without deceit ; I will keep my word to my neighbour with great exactness ; I will try to be open and just in all my dealings and I will stand up for the innocent.

Do Thou in Thy mercy, Lord, give me the grace to stand firm and not be moved from Thy love for ever.

CONSERVA me. Domine. Ps. 15.

KEEP me constant, Lord, in my religious life, for I have surrendered myself to Thee and put my trust in Thee.

In my profession I have said to Thee, "Thou art my God" ; Thou hast no need of me. I can do nothing for Thee, still, Thou canst use me according to Thy will.

Thou hast made manifest to me by the example of Thy saints that all the sanctity I can desire is within my reach if I put all my confidence in Thee.

Evils are multiplied on those who trust in any help but Thine. All such will haste to destruction.

Preserve me, O my God, from following their example or uttering one word in their praise.

Thou, my Lord, art the portion of my inheritance and the source of all my joy. Thou wilt give me the reward Thou hast promised if only I am faithful to Thee. Thou hast given me a choice spot to dwell in. Grant that I may always hold in great esteem the religious life to which Thou hast called me.

O my Lord, I will bless Thee, for Thou hast put into my heart the desire to know Thee and Thy goodness. I will bless Thee also for the restraints of religious life. These shall help me to keep my flesh in control.

I will try to live always in Thy presence, for I know Thou art ever near me to help me to be firm in my purpose.

Because Thou art so near to me my heart is glad, and my tongue has rejoiced to sing Thy praises. My body shall not disturb my hope.

Multiplicatæ sunt infirmitates eorum; postea acceleraverunt.

Non congregabo conventicula eorum de sanguinibus, nec memor ero nominum eorum per labia mea.

Dominus pars hæreditatis meæ et calicis mei; tu es qui restitues hæreditatem meam mihi.

Funes ceciderunt mihi in præclaris: etenim hæreditas mea præclara est mihi.

Benedicam Dominum, qui tribuit mihi intellectum: insuper et usque ad noctem increpauerunt me renes mei.

Providebam Dominum in conspectu meo semper; quoniam a dextris est mihi, ne commovear.

Propter hoc lætatum est cor meum, et exultavit lingua mea: insuper et caro mea requiescet in spe.

Quoniam non derelinques animam meam in inferno, nec dabis sanctum tuum videre corruptionem.

Notas mihi fecisti vias vitæ; adimplebis me lætitia cum vultu tuo; delectationes in dextera tua usque in finem.

EXAUDI Domine justitiam meam: intende deprecationem meam.

Auribus percipe orationem meam: non in labiis dolosis.

De vultu tuo iudicium meum prodeat: oculi tui videant æquitates.

Probasti cor meum, et visitasti nocte; igne me examinasti, et non est inventa in me iniquitas.

Ut non loquatur os meum opera hominum: propter verba laborum tuorum ego custodivi vias duras.

My body shall rise again to enjoy Thee, for Thou, Lord Jesus, hast promised to raise me from the dead as Thou didst raise Thy own blessed body on the third day.

The way of life Thou hast made known to me in the life of my Lord. I will wait patiently for the joy of seeing Thee face to face. Keep near me, Lord, and my life shall be full of joy, and thus may I spread abroad Thy joy in other hearts.

Exaudi, Domine. Ps. 16.

GIVE ear, O God, to the petition of Thy Son, our Lord Jesus. He it is who has done Thy will most perfectly, and has fulfilled all justice. He has graciously allowed me to be His associate, and as such I now cry to Thee.

Hear my prayer, for I long to speak to Thee without any deceit.

I will trust Thy judgment, for I know Thou wilt be kind to me for the sake of Thy Son in whom I trust.

Thou hast chosen my heart as Thy dwelling-place. Oh! make it more worthy of Thee. How kind Thou hast been to me! Thou hast visited me with trials, especially the trials of religious life. In Thy strength I will strive to be without sin before Thee.

Thou hast called me to separate myself from the ways of men, and for the sake of Thy words calling me I have taken up the small hardships of the monastic life.

Let me grow in perfection in Thine own time. Help me to keep the way Thou hast marked out for me.

I have besought Thee to hear me, and Thou hast graciously listened to me. Bend down Thine ear to me still, O my God !

Thy mercies to me are all the more wonderful, because I am so lowly in Thy service. My only hope is my firm trust in Thee.

Keep me as the apple of Thine eye quite close to Thee, O Lord, that I may never resist thy will.

Guard me from all danger as if under the shadow of Thy wings. Protect me from all evils which bring nothing but sorrow. My soul is surrounded by many enemies.

I can hope for no kindness from the world. I shall only be injured by the proud words I may hear against Thee.

The world has no care for me. The desires of the world are earthly. I beg of Thee to keep my eyes fixed on Thee.

The world is ever on the watch to ruin my religious life, both openly and in secret.

Arise, O Lord ! Prevent any harm coming to me, and do Thou show Thy power over the world and the evil one.

Perfice gressus
meos in semitis
tuis ut non moveantur
vestigia
mea.

Ego clamavi, quoniam
exaudisti me
Deus : inclina aurem
tuam mihi, et
exaudi verba mea.

Mirifica misericordias,
tuas qui salvos facis
sperantes in te.

A resistentibus
dexteræ tuæ custodi me
ut pupillam oculi.

Sub umbra alarum
tuarum protege me :
a facie impiorum, qui me
afflixerunt.

Inimici mei animam
meam circumdederunt :
adipem suum conculserunt :
os eorum locutum est
superbiam.

Projicientes me nunc
circumdederunt me :
oculos suos statuerunt
declinare in terram.

Susceperunt me sicut
leo paratus ad prædam :
et sicut catulus leonis
habitans in abditis.

Exurge Domine, præveni
eum, et supplantabis eum :

eripe animam meam ab impio : frameam tuam ab inimicis manus tuæ.

Domine a paucis de terra divide eos in vita eorum : de absconditis tuis adimpletus est venter eorum.

Saturati sunt filii ; et dimiserunt reliquias suas parvulis suis.

Ego autem in justitia apparebo conspectui tuo : satiabor, cum apparuerit gloria tua.

DILIGAM te Domine fortitudo mea : Dominus firmamentum meum, et refugium meum, et liberator meus.

Deus meus adiutor meus : et sperabo in eum.

Protector meus, et cornu salutis meæ, et susceptor meus.

Laudans invocabo Dominum ; et ab inimicis meis salvus ero.

Take away from them all the power they have for evil. They are indeed Thine enemies.

Keep the few who truly serve Thee safe from all who follow worldly ways, and who spend their days in feasting.

They consider only what they can gather to leave to their children.

I long to be in Thy sight, clothed in the justice of my Lord's life. I ask not for my full joy till I shall see Thy glory face to face.

Diligam te Domine. Ps. 17.

MY love shall be fixed on Thee, my God, for Thou art my only strength, enabling me to persevere in the vocation Thou hast given me. Thou surroundest me as a firmament. Thou art my refuge in all the trials of life, my protection in all temptation.

Thou art always at my side to help me. I will place all my hope in Thee.

Thou art my protector, and in the Holy Sacrament of the Altar the horn of my salvation. I will run to Thee when in difficulty, for I know that in Thy kindness Thou wilt receive me.

In the Office, the work of praise, I will call upon Thee. Thou wilt surely be my Saviour from all the enemies of my soul.

The dangers that encompass me are very many. There is the danger of sin which is the death of my soul. There is the fierce torrent of my passions.

The temptations of hell are about me, seeking to shake my trust in Thee, and the incitements of pleasure will ensnare me if I be not on my guard.

In all my trouble and danger I will call upon Thee. I will continue to beseech Thee not to abandon me, O my God.

Thou wilt always listen to me in the holy Office when I am attentive to Thee in choir, for Thine ears are open to hear of my affliction, and Thy heart longs to help me.

What shall earth avail if Thou, O Lord, wilt only assist me? For by Thy grace the forces of evil, whether they be from my own nature or from the enemy of souls, shall not be able to stand against Thine anger.

Thou wilt make all hindrances to melt away before Thy face. Thou wilt reduce them to ashes.

Thou didst bow the heavens and come down amongst us, and Thou didst show me in Thy life how Thou dost desire me to walk; and yet Thy ways are so often obscure to me, but Thou willest me to walk in the obscurity of faith, relying on nothing but Thy words, O my God.

Thou dost call me to follow Thee in Thy sublime prayer so far above all the

Circumdederunt me dolores mortis : et torrentes iniquitatis conturbaverunt me.

Dolores inferni circumdederunt me : præoccupaverunt me laquei mortis.

In tribulatione mea invocavi Dominum : et ad Deum meum clamavi.

Et exaudivit de templo sancto suo vocem meam : et clamor meus in conspectu ejus introivit in aures ejus.

Commota est et contremuit terra ; fundamenta montium conturbata sunt et commota sunt : quoniam iratus est eis.

Ascendit funis in ira ejus ; et ignis a facie ejus exarsit : carbonες succensi sunt ab eo.

Inclinavit coelos, et descendit : et caligo sub pedibus ejus.

Et ascendit super Cherubim, et volavit : volavit su-

per pennas ven-
torum.

Et posuit tenebras
latibulum suum :
in circuitu ejus ta-
bernaculum ejus :
tenebrosa aqua in
nubibus aeris.

Præ fulgore in
conspectu ejus nu-
bes transierunt :
grando et carbones
ignis.

Et intonuit de
cælo Dominus : et
Altissimus dedit vo-
cem suam : grando
et carbones ignis.

Et misit sagittas
suas, et dissipavit
eos : fulgura mul-
tiplicavit, et con-
turbavit eos.

Et apparuerunt
fontes aquarum, et
revelata sunt fun-
damenta orbis ter-
rarum.

Ab increpatione
tua, Domine, ab
inpiratione spiritus
iræ tuæ.

Misit de summo,
et accepit me, et
assumpsit me de
aquis multis.

Eripuit me de ini-
micis meis fortissi-
mis ; et ab iis, qui
oderunt me : quo-
niam confortati
sunt super me.

choirs of angels, and above all the
varying breezes of earthly desires.

Thou, my Lord, desirest me to come
to Thee by faith, especially in the
religious life, and in the prayer which
seems to be answered so little.

I believe, Lord, that Thou art all
light, and that the darkness of my
present way will be dissipated by Thee
in Thine own time, though there may
be much for me to bear before I see
Thy face.

Now, O Lord, if it be Thy will let
the clouds pass that the brightness
around Thee may rejoice my heart.
Let me hear Thy voice in my heart that
I may be encouraged to persevere.

Do Thou as a strong warrior drive
away all my enemies.

And as, when Thy people were in
great distress in the Red Sea, Thou
didst make the waters to stand apart,
and didst show them a road by which
they might escape, so do Thou now
have care of me and lead me as Thou
wilt.

Come to me, O my God, and take
care of me ; receive me from the many
waters of my trials and tribulations.

Deliver me from my strongest ene-
mies who hate me. Deliver me from
myself, for I have hated my own soul
by seeking myself in preference to
Thee.

After many falls, owing to my putting hindrances in Thy way, Thou hast become my protector. Thou hast shown Thy kindness in so many ways.

Thou hast brought me into an open space, *i.e.*, into the free air of religion, and hast saved me from the world, because Thou wast well pleased with me, for I have determined to stay near Thy Son in whom Thou art well pleased.

Thou hast given me many graces to urge me to seek perfection. Thy Son desires to share His justice with me and to fill the hands He has washed clean for me with His most precious graces.

Grant that I may keep Thy ways, O my Lord, and avoid all sin against Thee.

I will not forget that Thou wilt surely judge me, and I will keep all Thy commands before my eyes. The perfect life of Thy Son I will not put away from me as if it did not concern me.

In Thy company and by Thy grace I may hope to keep my soul free from sin.

Thou, O Lord, wilt reward me according to the fidelity of my service which Thou so justly demandest of me. If I keep my heart clean before Thee Thou, my God, wilt be good to me.

Prævenērunt me in die afflictionis meæ, et factus est Dominus protector meus.

Et eduxit me in latitudinem : sal-
vum me fecit, quo-
niam voluit me.

Et retribuet mihi
Dominus secun-
dum justitiam me-
am : et secundum
puritatem manuum
mearum retribuet
mihi.

Quia custodivi
vias Domini : nec
impie gessi a Deo
meo.

Quoniam omnia
judicia ejus in con-
spectu meo : et
justitias ejus non
repuī a me.

Et ero immacula-
tus cum eo : et ob-
servabo me ab ini-
quitate mea.

Et retribuet mihi
Dominus secun-
dum justitiam me-
am : et secundum
puritatem manuum
mearum in con-
spectu oculorum
ejus.

Division of Ps. 17 in Benedictine Breviary.

CUM sancto sanctus eris : et cum viro innocente innocens eris.

Et cum electo electus eris : et cum perverso perverteris

Quoniam tu populum humilem salvam facies, et oculos superborum humiliabis.

Quoniam tu illuminas lucernam meam Domine : Deus meus, illumina tenebras meas.

Quoniam in te eripiar a tentatione, et in Deo meo transgrediar murum.

Deus meus impolluta via ejus ; eloquia Domini igne examinata : protector est omnium sperantium in se.

Quoniam quis Deus præter Dominum ? aut quis Deus præter Deum nostrum ?

Deus, qui præcinxit me virtute, et posuit immaculatam viam meam ;

AS I continue in the religious life I must approach nearer and nearer to Thee, my God. Thou wishest to deal with me as with one devoted to the pursuit of sanctity and very careful not to sin against Thee.

Thou lookest to me as one whom Thou hast chosen, and Thou wishest me to choose Thee with all my heart. If I am perverse Thou wilt not be my helper when I need Thee.

If I am humble Thou wilt save me, but if I am proud Thou wilt humiliate me.

O Lord, Thou art my lamp guiding my feet to Thee. Do not leave me to myself, O my God, lest I remain in darkness.

In Thy hands I shall overcome all temptations and surmount all difficulties.

Thou, my God, leadest me along a clean path where there is no defilement. Thy words are pure as if purified by fire. Thou art my protector ; I will trust myself in Thy hands.

There is none like to Thee, O God ; there is no one I can trust as I can trust Thee.

Encompass me with Thine own strength, and make my life without blame.

Strengthen my feet to follow Thee
even to the high mountains where
Thou dwellest.

Teach me, O my God, how to fight
against all my enemies. Strengthen my
arm that I may have the victory.

Give me ever the protection of the
infinite grace Thou hast won for me
upon the Cross. I will bear in mind
that Thy right hand is ever ready to
uphold me.

Grant that the discipline of holy
religion may correct all my weak-
nesses and teach me Thy will.

Make my steps free, and strengthen
my feet to follow Thee.

Then shall I be able in Thy strength
to overcome myself and break my
self-will and trample on all that is
base in me.

The enemies of my soul shall have
no more power against me.

It is in Thy power, O my God, that
this victory will be mine, for it will be
Thy grace surrounding me and en-
abling me to overcome all the evil of
my nature.

Grant that my enemies may be
driven away and not be allowed to
disturb me when I come to die.

All this shall be in Thy strength. I

Qui perfecit pe-
des meos tanquam
cervorum ; et su-
per excelsa statu-
ens me ;

Qui docet manus
meas ad prælium ;
et posuisti, ut ar-
cum æreum, bra-
chia mea ;

Et dedisti mihi
protectionem salu-
tis tuæ, et dextera
tua suscepit me :

Et disciplina tua
correxit me in fi-
nem, et disciplina
tua ipsa me doce-
bit.

Dilatasti gressus
meos subtus me :
et non sunt infir-
mata vestigia mea.

Persequar inimi-
cos meos, et com-
prehendam illos :
et non convertar,
donec deficiant.

Confringam illos,
nec poterunt stare :
cadent subtus pedes
meos.

Et præcinxisti me
virtute ad bellum :
et supplantasti in-
surgentes in me
subtus me :

Et inimicos meos
dedisti mihi dor-
sum : et odientes
me disperdidisti.

Clamaverunt, nec
erat qui salvos

faceret, ad Dominum, nec exaudivit eos.

Et comminuam eos ut pulverem ante faciem venti : ut lutum platearum delebo eos.

Eripies me de contradictionibus populi : constitues me in caput gentium.

Populus, quem non cognovi, servivit mihi : in auditu auris obedivit mihi.

Filii alieni mentiti sunt mihi ; filii alieni inveterati sunt ; et claudicaverunt a semitis suis.

Vivit Dominus, et benedictus Deus meus : et exaltetur Deus salutis meæ.

Deus, qui das vindictas mihi, et subdis populos sub me : liberator meus de inimicis meis iracundis.

Et ab insurgentibus in me exaltabis me : a viro iniquo eripies me.

Propterea confitebor tibi in nationibus, Domine : et nomini tuo psallam dicam.

will not forget, O my Lord, that all my progress will be from Thee.

If I but trust to Thee, O God, the victory will be complete, for my enemies shall be reduced to dust and trodden down as the mud in the streets.

Thou hast taken me from the hubbub of the world, and put me in religion where I may further Thy kingdom upon the earth—Thy kingdom which is not of this world.

Thou wilt allow me to win souls for Thee, and to spread the knowledge of Thee and Thy kindness to other hearts.

Do Thou save me from the flattery of those who will not serve Thee in sincerity.

Take up Thy dwelling in me, O my Lord ; be my life, and let the praise of whatsoever Thou givest me to do be given back to Thee.

All the victory I may obtain, and all the influence I may have belong to Thee, for without Thee I should remain a slave to sin.

From the enemies that are within me, *i.e.*, my passions, and those that are without, I look to Thee for help.

Therefore, I will glorify Thee, O Lord, for all that I can do is Thy doing. I will not weary in singing Thy praise, for Thou hast been so good to me, my own loving Lord !

Thou hast delivered me from sadness and self-seeking, and hast shown mercy to me and to my work for ever.

Coeli enarrant. Ps. 18.

AS the heavens tell me of Thy external glory and power, O my God, and the vault of heaven speaks to me of Thy goodness in providing for my bodily wants, so the saints tell me of Thy inner glory, and the whole choir of the blessed speak to me of the graces which Thou hast prepared for those who love Thee.

So, in the religious life, one day calls upon the next for greater effort in Thy service, and the quiet of night gives me time to think of Thy providence.

The testimony of Thy goodness, whether in providing for my bodily needs or the needs of my soul is proclaimed over the whole earth by the voice of nature and by the words of Thy saints who are to be found everywhere.

The voices of the saints who have gone before me speak to me in every language, and by Thy grace, I will listen that I may hear. There is no place in which I may not hear Thy praise, and the voices of those who have loved Thee in past time speak to me always. How little, Lord, have I listened to their words !

As Thou hast made the dwelling place of Thy splendour in the sun, so make the dwelling of all Thy graces in my heart, and rest there as the spouse of my soul.

Magnificans salutes Regis ejus, et faciens misericordiam christo suo David, et semini ejus usque in sæculum.

COELI enarrant gloriam Dei, et opera manuum ejus annuntiat firmiter.

Dies diei eructat verbum, et nox nocti indicat scientiam.

Non sunt loquelæ, neque sermones, quorum non audiantur voces eorum.

In omnem terram exivit sonus eorum, et in fines orbis terræ verba eorum.

In sole posuit tabernaculum suum : et ipse tanquam sponsus procedens de thalamo suo.

Exultavit ut gignas ad currendam viam, a summo cœlo egressio ejus.

Et occursum ejus usque ad summum ejus : nec est qui se abscondat a calore ejus.

Lex Domini immaculata, convertens animas : testimonium Domini fidele, sapientiam præstans parvulis.

Justitiæ Domini rectæ, lætificantes corda : præceptum Domini lucidum, illuminans oculos.

Timor Domini sanctus, permanens in sæculum sæculi : judicia Domini vera justificata in semetipsa.

Desiderabilia super aurum, et lapidem pretiosum multum : et dulciora super mel et favum.

Etenim servus tuus custodit ea : in custodiendis illis retributio multa.

Delicta quis intelligit ? ab occultis meis munda me ; et ab alienis parce servo tuo.

I will glory in Thy great strength, and never doubt Thy far-reaching mercy.

As Thy creature the sun shineth over the whole earth, giving light and warmth, so do Thou, Lord, shine on every act of my life that I may see Thy will plainly and be filled with the warmth of Thy grace.

Thy law, O Lord, is full of righteousness ; my fidelity to it secures my conversion to Thee. Thy loving testimony in Thy life upon earth gives me all the wisdom my lowliness requires.

Keep me close to Thy justice thus revealed to me, and make my joy consist in being faithful to Thy word. I will look for the light necessary for my life in the rule Thou hast given me.

O my Lord, the filial fear of offending Thee will make my life holy, and will give me strength to persevere.

I must esteem my rule more than any delight of life, and more than any honour or good-will from those who would lead me from its observance.

This shall be my reward that I keep Thy rule most exactly.

I will leave all my sins to Thee who hast willingly taken them, and not be anxious, so that they may have no power over me. Forgive me, Lord, if I have led anyone to sin against Thee.

Free me from my sins that I may be wholly clean in Thy sight. Do Thou, O Lord, wash me from all the great sins I have committed against Thee.

Give me grace to speak only for Thy pleasure, and let the prayer of my heart be always in Thy sight.

For Thou art my Lord, my helper and my Redeemer.

Exaudiat. Ps. 19.

O LORD God, hear me and come to my aid now that I am in difficulty. I trust in the protection of Thy name, for I belong to Thee.

I will always look for help from Thee in the tabernacle. There I will go to Thee for consolation. All that is good for me is to be found there, if I but seek it and be willing to receive it from Thee.

Remember the sacrifice Thou hast made for me, O my Lord. Make me join in Thy sacrifice each day with a whole heart.

• Fill my heart with desire for Thee and then give Thyself to me. Teach me Thy will, and confirm me in my obedience.

Make me to rejoice in the saving grace Thou hast won for me, and raise me up to Thee in Thy own name.

Grant me, if Thou seest good, what I ask in prayer. Lord, I ask not any-

Si mei non fuerint dominati, tunc immaculatus ero, et emundabor a delicto maximo.

Et eiunt ut complaceant eloquia oris mei, et meditatio cordis mei in conspectu tuo semper.

Domine adiutor meus, et redemptor meus.

EXAUDIAT te Dominus in die tribulationis : protegat te nomen Dei Jacob.

Mittat tibi auxilium de sancto : et de Sion tueatur te.

Memor sit omnis sacrificii tui : et holocaustum tuum pingue fiat.

Tribuat tibi secundum cor tuum : et omne consilium tuum confirmet.

Lætabimur in salutaris tuo : et in nomine Dei nostri magnificabimur.

Impleat Dominus omnes petitiones

tuas : nunc cognovi, quoniam salvum fecit Dominus Christum suum.

Exaudiet illum de cœlo sancto suo : in potentatibus salus dexteræ ejus.

Hi in curribus, et hi in equis : nos autem in nomine Domini Dei nostri invocabimus.

Ipsi obligati sunt et ceciderunt : nos autem surreximus et erecti sumus.

Domine, salvum fac regem : et exaudi nos in die, qua invocaverimus te.

DOMINE, in virtute tua lætabitur rex, et super salutare tuum exultabit vehementer.

Desiderium cordis ejus tribuisti ei, et voluntate labiorum ejus non fraudasti eum.

Quoniam prævenisti eum in benedictionibus dulcedinis : posuisti in capite ejus coronam de lapide pretioso.

thing that is not Thy will to give me. Give me the assurance of a good conscience that Thou wilt save me in the end.

Hear me from heaven, O my good God ! Exert the power of Thy kind right hand and lead me safely to the home of holiness in Thee.

Many even of Thy servants trust too securely in the things of earth. Do Thou prevent me from putting my heart in anything but Thee.

For those who trust earthly powers shall surely be entangled and hindered in their progress to Thee. I beg of Thee to let me rise above such things, and to be free.

Lord, save me and make me king over my evil desires, and be ever near to hear me when I call on Thee.

Domine, in virtute. Ps. 20.

MY soul, O Lord, shall rejoice in Thy strength and not in its own. In Thy salvation, *i.e.*, the salvation given by Thy Son, my soul will rejoice exceedingly.

Thou hast given my soul its great desire to offer itself to Thee ; Thou hast not taken from it the will of its lips on the day of my holy profession.

Long before I had merited anything from Thee Thou didst fill my heart with sweetness, and put a crown of precious stones on my head, *i.e.*, Thou hast given me the means of obtaining the mastery over myself and my unruly passions.

I asked of Thee life—*Suscipe me, Domine, secundum eloquium tuum et vivam*—and Thou hast allowed me to live in Thy company, and hast not tired of me, but Thou dost still promise me to live with Thee for ever and ever.

O Lord, let me truly glory in Thy goodness by being faithful. Thine own glory and beauty are mine, for I am Thine.

How good Thou art to bless me, O my God, for I have nothing of my own! Make me ever joyful in Thy sweet presence.

I will put all my trust in Thee, Thou Most High Lord, and pray that by Thy great mercy I may persevere.

Do Thou deal with Thine enemies, O God!

How many mercies I have to thank Thee for! I have deserved all manner of torments.

Thou shalt destroy the wicked so that the fruits of all their designs against Thee and Thy servants shall be of no value to them. They shall have none to follow them and enjoy their ill-gotten goods.

For the wicked have devised all manner of evil against Thee; evils

Vitam petiit a te : et tribuisti ei longitudinem dierum in sæculum, et in sæculum sæculi.

Magna est gloria ejus in salutari tuo : gloriam et magnum decorem impones super eum.

Quoniam dabis eum in benedictionem in sæculum sæculi : lætificabis eum in gaudio cum vultu tuo.

Quoniam rex sperat in Domino : et in misericordia Altissimi non commovebitur.

Inveniatur manus tua omnibus inimicis tuis : dextera tua inveniatur omnes, qui te oderunt.

Pones eos ut clibanum ignis in tempore vultus tui : Dominus in ira sua conturbabit eos, et devorabit eos ignis.

Fructum eorum de terra perdes : et semen eorum a filiis hominum.

Quoniam declinaverunt in te mala : cogitaverunt con-

silia, quæ non potuerunt stabilire.

Quoniam pones eos dorsum : in reliquiis tuis præparabis vultum eorum.

Exaltare Domine in virtute tua : cantabimus et psallemus virtutes tuas.

DEUS, Deus meus, respice in me ; quare me dereliquisti ? longe a salute mea verba delictorum meorum.

Deus meus clamabo per diem, et non exaudies : et nocte, et non ad insipientiam mihi.

Tu autem in sancto habitas ; laus Israel.

In te speraverunt patres nostri : speraverunt et liberaisti eos.

Ad te clamaverunt, et salvi facti sunt : in te spera-

which they have not had the power to bring upon Thee.

For all who oppose Thee shall be surely turned back, yet in what Thou leavest to them Thou givest them a chance of returning to Thy favour.

Be Thou exalted, O Lord, in Thy strength. We will sing to Thee, and in Thy psalms praise Thy power.

Deus, Deus meus. Ps. 21.

MY God, my God, why hast Thou forsaken me ? Look upon me. This is Thy cry, O Lord, on the cross ; and it is also my cry, for it seems to me at times that Thou hast really forsaken me. What Thou couldst not say upon the cross, Lord, I can truly say, that my sins stand in the way of my profiting wholly by the salvation Thou hast won for me.

I cry to Thee in the light, and it seems to me that Thou dost not hear. I cry to Thee in the waking moments of the night. Let not my voice sound to Thee as a fool's cry which comes not from the heart.

But I can find Thee in the holy place of the choir where the praises of Thy servants are sung.

There the voices of Thy saints, who have led and are leading a holy life, mingle with my sinful voice.

They cried to Thee and they were made safe ; their hope in Thee was not in vain. Hear me now, O Lord ; let

my cry be heard and my hope be strengthened as was that of Thy saints.

I am a worm, fit only to live in the earth, and by my inclinations to evil I am scarcely human. I am a fit object of scorn, and worth only to be driven out from among Thy people.

If Thy people knew me as Thou, my good God knowest me, they would surely scoff at me. They would speak hard things against me, and shake their heads at me as if I were of no account; and, dear Lord, they would have ample cause. If they scorned and reviled Thee on the cross, who wast infinitely innocent, what scorn would they not justly heap on me?

They cried out at Thee, my Lord, reproaching Thee because Thou wast in their power; and Thy Father allowed Thee to be scorned for my sins.

Thou hast had care of me, and hast been kind to me from my birth, and I will hope in Thee always. Be kind to me now that I am in trouble.

I have been dependent on Thee all my life, for Thou art my God. In Thy mercy leave me not.

Trouble is near me if I leave Thee; there is no other that can in any way help me.

Evil spirits have surrounded me, and distracted me on every side;

verunt, et non sunt confusi.

Ego autem sum vermis, et non homo; opprobrium hominum, et abjectio plebis.

Omnes videntes me deriserunt me: locuti sunt labiis, et moverunt caput.

Speravit in Domino, eripiat eum: salvum faciat eum, quoniam vult eum.

Quoniam tu es, qui extraxisti me de ventre: spes mea ab uberibus matris meæ.

In te projectus sum ex utero; de ventre matris meæ Deus meus es tu, ne discesseris a me.

Quoniam tribulatio proxima est: quoniam non est qui adjuvet.

Circumdederunt me vituli multi: tauri pingues ob sederunt me.

Aperuerunt super
me os suum, sicut
leo rapiens et ru-
giens.

Sicut aqua effu-
sus sum : et dis-
persa sunt omnia
ossa mea.

Factum est cor
meum tanquam
cera liquescens in
medio ventris mei.

Aruit tanquam
testa virtus mea,
et lingua mea ad-
hæsit faucibus me-
is, et in pulverem
mortis deduxisti me

Quoniam circum-
dederunt me canes
multi : concilium
malignantium ob-
sedit me.

Foderunt manus
meas et pedes me-
os : dinumerave-
runt omnia ossa
mea.

Ipsi vero consi-
deraverunt et in-
spexerunt me : di-
viserunt sibi vesti-
menta mea : et
super vestem meam
miserunt sortem.

Tu autem Domine
ne elongaveris aux-
ilium tuum a me :
ad defensionem me-
am conspice.

Erue a framea
Deus animam me-

They have made me think that I
was a fit prey to them.

I became as water, and all my
strength seemed to leave me, for Thou,
O Lord, didst seem afar off, and with-
out Thee I have no strength.

I lost heart in my spiritual life, and
I was in the midst of desolation.

The joy of life left me, and all was
dry and parched. I could not speak to
Thee in prayer, for I was lifeless as the
very dust.

Again the evil spirits assailed me,
and tried all their devices against me.

They nailed Thee to the cross, dear
Lord ; and Thou dost wish that I also,
in my small way, should suffer with
Thee.

Whilst I was tried I could get no
help from those who stood by me.
They seemed only to think of what
use they could make of me.

But Thou, O Lord, go not far from
me ; deliver me in Thy mercy.

Be Thou my defence. Save me, O
Lord, from any grievous fall into sin.

Let me not die the death of the malefactor. Save my soul, my only possession, from the devil who wishes to rob me of the only thing I can offer Thee, O my God !

Save me, Lord, humbled by the thought of my sins, from the evil beasts, the devils, and from all their fury.

I will turn wholly to Thee, and show forth the power of Thy name to my brethren. Here in the midst of the Church I will praise Thee.

This shall be my testimony, to fear Thee and praise Thee, Lord. I will praise Thee with all reverence. Let all the children of Thy saints show forth Thy glory in their lives.

I will serve Thee carefully and reverently, for Thou dost not reject the prayer of the poor and humble.

Nor dost Thou turn away from my prayer, for when I earnestly call upon Thee Thou hearest me, and hast often heard me in my life.

To Thee, O Lord, I address my praise. All I can do for Thee is in Thy strength. In that strength I made my vows to Thee. Do Thou constantly assist me, that I may be faithful to Thee and to the community before whom I made my promises to Thee.

They who are humble in Thy sight, Lord, shall have all that is needful for their spiritual progress ; they will seek Thee in the holy Office, the work of

am : et de manu canis unicam meam.

Salva me ex ore leonis : et a cornibus unicornium humilitatem meam.

Narrabo nomen tuum fratribus meis : in medio ecclesiae laudabo te.

Qui timetis Dominum, laudate eum : universum semen Jacob glorificate eum.

Timeat eum omne semen Israel : quoniam non sprexit, neque desepxit deprecationem pauperis.

Nec avertit faciem suam a me : et cum clamarem ad eum, exaudivit me.

Apud te laus mea in ecclesia magna : vota mea reddam in conspectu timentium eum.

Edent pauperes et saturabuntur ; et laudabunt Dominum, qui requi-

runt eum ; vivent
corda eorum in sæ-
culum sæculi.

Remiscentur, et
convertentur ad
Dominum universi
fines terræ.

Et adorabunt in
conspectu ejus uni-
versæ familiæ gen-
tium.

Quoniam Domini
est regnum, et ipse
dominabitur gen-
tium.

Manducaverunt et
adoraverunt omnes
pingues terræ : in
conspectu ejus ca-
dent omnes, qui
descendunt in ter-
ram.

Et anima mea illi
vivet : et semen
meum serviet ipsi.

Annuntiabitur
Domino generatio
ventura ; et annun-
tiabunt cœli justi-
tiam ejus populo
qui nascetur, quem
fecit Dominus.

praise, and Thou shalt give them the
life of the heart which they asked of
Thee in their holy profession.

They shall always remember Thy
presence, and shall in all difficulties
turn immediately to Thee, and through
their progress and good works do good
over the whole earth ;

So that all may adore Thee, the one
true God.

For Thine is the kingdom, and I will
pray always that Thy kingdom may
come over the whole earth.

Both rich and poor receive of Thy
bounty.

But my soul shall in Thy mercy live
yet more strenuously to Thee, and all
my actions shall serve Thee.

I will, with Thy grace, pass on to
others Thy goodness, O my God, and
with Thy saints I will try to increase
the perfection of life to which Thou
hast called me, so that the good seed of
religious life may grow up for Thy glory
after I have gone with those who shall
be Thy children.

Dominus regit me. Ps. 22.

*DOMINUS regit me,
et nihil mihi deerit :

THOU, O my Lord, the good Shep-
herd of my soul, givest me all I
require and leavest me not in any
spiritual want if I but follow Thee.

closely. Thou ledest me where the pasture is plentiful. Hast Thou not brought me into Thy own field of the church, and into the choicest portion of that field, the religious life?

Thou hast been kind to me by allowing me to be nourished so frequently with the water of refreshment, even Thy own Most Precious Blood!

How often hast Thou recalled my soul from tepidity and careless ways! Thou hast introduced me to the path of perfection, and hast wished me to advance greatly along that path; Thou hast shown me that to do so I must praise Thy name, and do all that Thou askest me to do for Thee, forgetting myself as much as I can.

Hence, a great joy comes to me, because, walking with Thee, my gentle Lord, I cease to fear all danger, knowing that Thou hast care of me.

Even when Thou strikest me with humiliation, or dost correct me when wandering, it is a consolation to me, for it shows me that Thou hast care of me.

In the holy Sacrament of Thy Body and Blood Thou hast given me a resource against all trouble. Thou hast placed me where the Blessed Sacrament is constantly before me.

Thou, O Lord, hast not left me without sweetness in Thy service, and at times Thou hast allowed me to drink deeply of Thy pleasure.

I know that if I am faithful Thy mercy to me will continue all the days

in loco pascuæ ibi
me collocavit.

Super aquam re-
fectionis educavit
me : animam me-
am convertit.

Deduxit me super
semitas justitiæ,
propter nomen su-
um.

Nam, et si am-
bulavero in medio
umbræ mortis, non
timebo mala, quo-
niam tu mecum es.

Virga tua et ba-
culus tuus, ipsa me
consolata sunt.

Parasti in con-
spectu meo men-
sam, adversus eos,
qui tribulant me.

Impinguasti in
oleo caput meum :
et calix meus in-
ebrians quam præ-
clarus est :

Et misericordia
tua subsequetur

me omnibus die-
bus vitæ meæ.

Et ut inhabitem
in domo Domini,
in longitudinem di-
erum.

DOMINI est terra,
et plenitudo ejus :
orbis terrarum, et
universi qui habi-
tant in eo.

Quia ipse super
maria fundavit e-
um : et super flumi-
na præparavit eum.

Quis ascendet in
montem Domini ?
aut quis stabit in
loco sancto ejus ?

Innocens mani-
bus, et mundo
corde, qui non ac-
cepit in vano ani-
mam suam, nec
juravit in dolo pro-
ximo suo.

Hic accipiet bene-
dictionem a Domi-
no : et misericor-
diam a Deo salu-
tari suo.

of my life. What a blessing is this,
Lord, in spite of all my negligence and
infidelity !

Grant, dear Lord, that I may, by
Thy will, either fulfil many days in a
short space, or spend many days in
Thy service, dwelling always in Thy
house ; dwelling always with Thee.

Domini est terra. Ps. 23.

O LORD, the whole earth and the
fulness of it belongs to Thee, and
all men, Thy servants, who dwell on
the earth.

For Thou hast created it and made
it ready for habitation.

To praise Thee fitly for all Thy
blessings Thou hast set apart some few
among Thy servants. These are they
who shall come before Thee to recite
daily the Divine Office and sing Thy
praises in choir. This, O Lord, is Thy
holy mount, and the holy place of Thy
delight. Who are they whom Thou
callest to this duty ?

The innocent and pure of heart who
do not receive their souls in vain. But
not only innocence of life and purity
of heart are necessary, but also a great
care about charity to my neighbour.
Thou desirest that I should have no
kind of deceit in my dealing with my
neighbour.

Then, dear Lord, shall I obtain Thy
blessing, and mercy from Thee who
art my salvation.

For I belong to the chosen race
which seeks Thy face, O God.

Therefore, my soul, throw open thy
gates and let the King of Glory enter
in.

Who is this King of Glory? None
but Thou, my Lord, my strength, my
support! Thou art able to protect
me in all my struggles with temptation.

O King of Glory, I will open wide
my heart and let Thee enter in.

Now Thou comest to my soul bring-
ing the seeds of all the virtues. Come,
Lord Jesus, and make my soul fit to be
Thy dwelling-place.

Ad te, Domine. Ps. 24.

TO Thee, O Lord, I lift up my soul.
I beg of Thee to give me this
great grace that I may be able at
all times to lift up my soul to Thee.
Thou alone, Lord, canst save me from
the shame of forgetting Thee.

If I attempt this by my own power I
shall surely fail, and my enemies,
the evil spirits, will triumph over me;
but all who trust in Thee shall be
saved from confusion.

If I sin against Thee with malice I
shall be certainly confounded before
Thee.

Hæc est genera-
tio quærentium
eum, quærentium
faciem Dei Jacob.

Attollite portas,
principes, vestras;
et elevamini por-
tæ æternales; et
introibit Rex glo-
riæ.

Quis est iste Rex
gloriæ? Dominus
fortis et potens,
Dominus potens in
prælio.

Attollite portas,
principes, vestras;
et elevamini por-
tæ æternales: et
introibit Rex glo-
riæ.

Quis est iste Rex
gloriæ? Dominus
virtutum ipse est
Rex gloriæ.

Ad te Domine
levavi animam me-
am: Deus meus in
te confido, non eru-
bescam.

Neque irrideant
me inimici mei:
etenim universi, qui
sustinent te non
confundentur.

Confundantur om-
nes iniqua agentes
supervacue.

Vias tuas Domine
demonstra mihi :
et semitas tuas edo-
ce me.

Dirige me in veri-
tate tua, et doce
me ; quia tu es
Deus Salvator me-
us, et te sustinui
tota die.

Reminiscere mi-
serationum tuarum
Domine, et miseri-
cordiarum tuarum,
quæ a sæculo sunt.

Delicta juventutis
meæ, et ignoran-
tias meas ne memi-
neris.

Secundum miseri-
cordiam tuam me-
mento mei tu,
propter bonitatem
tuam Domine.

Dulcis et rectus
Dominus : propter
hoc legem dabit
delinquentibus in
via.

Diriget mansue-
tos in iudicio : do-
cebit mites vias
suas.

Universæ viæ
Domini misERICOR-
dia et veritas, re-
quirentibus testa-
mentum ejus et
testimonia ejus.

Show me Thy ways, O Lord, by
letting me understand Thy precepts,
and enable me to walk always accord-
ing to Thy will.

Thou, O Lord, art truth ; I rely on
Thee to lead me by Thy own truth, and
to teach me all that I need know. For
Thou art my Saviour and my God in
whom I can trust all the day long.

Let me not forget Thy mercy to me
in the past, and all Thy kindness to
me. Do Thou, Lord, call these to my
mind if I am at any time forgetful.

Remember not the sins of my youth
and my long neglect of Thee ;

But bear in mind, O my Lord, the
mercy Thou hast shown to me, and the
great goodness Thou hast lavished
upon me.

Thou art always kind to me, my
good God, and so full of desire for my
keeping in Thy love, that Thou dost
not lose interest in sinners who have
left Thy way.

How much more interest dost Thou
not take in leading the meek of heart
to the heights of perfection ! Thou
dost manifest to them the secrets of
Thy love.

All Thy ways, O Lord, are full of
mercy and truth for those who
seriously strive to know Thy will and
follow it.

When I fall do Thou pardon my sin,
O Lord. Thou wilt have to pardon me
much, for I am very weak.

If I am reverent before Thee, Thou
wilt show me Thy will. Enable me to
walk firmly in the vocation I have
chosen.

Let my soul dwell securely in the
enjoyment of Thy graces ; even of all
the joys of religious life here, and of
heaven hereafter. Let the fruits of a
good life continue for ever.

Thou, O my good God, wilt deal
kindly with all who are lovingly
reverent in Thy service, and Thou wilt
show them Thy will.

Therefore, my eyes shall look up to
Thee, Lord, and hope in Thee. I will
not turn to myself and my own
troubles. Thou wilt release my feet
from all that impedes them.

Look Thou kindly upon me, O Lord,
and have great mercy with me, for
without Thee I am alone and very poor.

Free me, O Lord, from all trouble of
mind, and from all anxiety about the
future.

I will not try to hide my lowliness
from Thee, nor the trouble I have to
keep in the right way ; but I will ask
Thee, my kind Lord, to forgive me all
my sins.

Do Thou in Thy great goodness
repress the many enemies who assail

Propter nomen tu-
um Domine propi-
tiaberis peccato
meo : multum est
enim.

Quis est homo,
qui timet Domi-
num ? legem statuit
ei in via, quam
elegit.

Anima ejus in bo-
nis demorabitur :
et semen ejus hæ-
reditabit terram.

Firmamentum est
Dominus timentibus
eum : et testa-
mentum ipsius, ut
manifestetur illis.

Oculi mei semper
ad Dominum ; quo-
niam ipse evellet
de laqueo pedes
meos.

Respice in me, et
miserere mei : quia
unicus et pauper
sum ego.

Tribulationes cor-
dis mei multipli-
catæ sunt : de ne-
cessitatibus meis
erue me.

Vide humilitatem
meam, et laborem
meum : et dimitte
universa delicta
mea.

Respice inimicos
meos, quoniam
multiplicati sunt,

et odio iniquo oderunt me.

Custodi animam meam, et erue me : non erubescam, quoniam speravi in te.

Innocentes et recti adhæserunt mihi, quia sustinui te.

Libera Deus Israel ex omnibus tribulationibus suis.

JUDICA me Domine, quoniam ego in innocentia mea ingressus sum : et in Domino sperans non infirmabor.

Proba me Domine, et tenta me : ure renes meos et cor meum.

Quoniam misericordia tua ante oculos meos est : et complacui in veritate tua.

Non sedi cum concilio vanitatis : et cum iniqua gerentibus non introibo.

Odivi ecclesiam malignantium : et cum impiis non sedebo.

my soul and hate me, because I have wished to love Thee, my Lord.

Keep my soul and deliver me ; of myself I can do nothing, and shall soon be put to shame if Thou dost not stand by me. In Thee I place all my hope.

Let the innocent and the right of heart help me by their example and prayers, for they are on Thy side.

I hope in Thee, O God, to deliver me, for my eyes are raised to Thee, hoping one day to see Thee face to face.

JUDICA me, Domine. Ps. 25.

I CALL upon Thee, O Lord, to judge me ; Thy judgments are so much more merciful than the judgments of men. If I hope in Thee Thou wilt surely protect me from sin and keep me innocent in Thy sight.

Do not spare me, Lord, in this life, but try me in the fire of tribulation if it be Thy will ; but in Thy mercy keep me pure in body and in heart.

I will no longer trust in myself but in Thy great mercy, and by Thy grace I will ever keep Thy kindness before my eyes. I will strive to take my constant pleasure in loving Thy truth, *i.e.*, Thy Son who is the Way, the Truth and the Life.

I will not waste my time in useless work which may fill my mind with distractions, nor will I consort with any that sin against Thee.

How can I listen to those who are at enmity with Thee, my Lord and my God ?

I will strive to choose Thy friends, the innocent in life, for my friends ; and I will rejoice to spend my life about Thy altar. How good Thou art, Lord, to allow me to live with these Thy friends !

I will give ear to the voice of praise in the holy Office, and I will try to sing with my heart as with my lips, that I may ponder on all Thy wondrous works.

O my Lord, give me a great love of Thy beauty and of the place where Thy glory dwells in secret.

Thus shall I not waste my life in sin and in deeds that are hateful to Thee.

For such as hate Thee, O Lord, are living in sin ; they think their money of more worth than Thy service.

Have mercy on me, O Lord, that I may serve Thee in all innocence. This I can do only by a great trust in Thy power and mercy.

Keep my feet in the right way, and allow me in choir to praise Thee always with Thy saints.

Dominus illuminatio mea. Ps. 26.

THOU, O Lord, art the true light which will shine upon me, and go before me to show me the way of my salvation. Why, then, should I fear ?

Lavabo inter innocentes manus meas, et circumdabo altare tuum Domine.

Ut audiam vocem laudis, et enarrem universa mirabilia tua.

Domine, dilexi decorem domus tuæ, et locum habitationis gloriæ tuæ.

Ne perdas cum impiis, Deus, animam meam, et cum viris sanguinum vitam meam.

In quorum manibus iniquitates sunt, dextera eorum repleta est muneribus.

Ego autem in innocentia mea ingressus sum : redime me et miserere mei.

Pes meus stetit in directo : in ecclesiis benedicam te Domine.

DOMINUS illuminatio mea et salus mea : quem timebo ?

Dominus protector vitæ meæ : a quo trepidabo ?

Dum appropiant super me nocentes, ut edant carnes meas.

Qui tribulant me inimici mei, ipsi infirmati sunt et ceciderunt.

Si consistent adversum me castra, non timebit cor meum.

Si exurgat adversum me prælium, in hoc ego sperabo.

Unam petii a Domino, hanc requiram : ut inhabitem in domo Domini omnibus diebus vitæ meæ :

Ut videam voluptatem Domini, et visitem templum ejus.

Quoniam abscondit me in tabernaculo suo : in die malorum protexit me in abscondito tabernaculi sui.

In petra exaltavit me : et nunc exaltavit caput meum super inimicos meos.

Thou, my Lord, wilt protect me from all evil if I am faithful to Thee, and Thou wilt help me to live my life in all perfection.

Even when the evil spirits attack me, wishing to ruin me.

Thou wilt be at hand to keep the enemies of my soul in check as Thou hast so often done in the past.

I will have courage and not be cast down even if whole armies assail me.

In the very midst of temptation I will take courage and hope entirely in Thee, my Friend and Protector.

One thing I beg of Thee very earnestly, O Lord, that Thou wilt let me dwell near Thee all my life. Do not, in Thy mercy, drive me from the cloister and the tabernacle.

Let me taste the sweetness of Thy presence, and be able to seek Thee always in the Blessed Sacrament.

Thou hast often allowed me to hide my troubles in the Tabernacle, and when I am down-hearted Thou hast made me to know Thou dost uphold me silently from the throne of grace.

Thou has invited me, O my God, to raise myself from all anxiety by hiding myself in the holes of the Rock which is Thine own self, wounded for me on the cross. Make me bold to face all the attacks of my enemy, the evil one.

I will sing to Thy name in thanksgiving, and I will bear willingly the fatigue of the holy Office that I may sing and praise Thy name in psalmody.

O Lord, hear my voice; have mercy on me and listen to my prayer.

My heart has promised Thee to seek Thy face that I may know Thy will.

Turn not away Thy face from me, nor go far away and leave me desolate, my kind, loving Lord! Let me never anger Thee by my infidelity. I long to be Thy servant.

My God, Thou art my only hope, my only helper. Do not leave me, and in Thy mercy never despise me, for to whom can I go if Thou desert me?

Thou hast called me to leave father and mother, but only that Thou mightest more securely take me up.

Thou hast given me a law to direct my life, and hast shown me a path which will keep me from all harm.

Leave me not now, O Lord, or I become a prey to all evil, for evil is still in me, and it rises up to overpower me. The thought of the sins of my youth casts me down, and all kinds of lying imaginations torment me.

Circuivi, et immolavi in tabernaculo ejus hostiam vociferationis : cantabo, et psalmum dicam Domino.

Exaudi Domine vocem meam, qua clamavi ad te : miserere mei et exaudi me.

Tibi dixit cor meum, exquisivit te facies mea : faciem tuam Domine requiram.

Ne avertas faciem tuam a me : ne declines in ira a servo tuo.

Adjutor meus esto, ne derelinquas me : neque despicias me Deus salutaris meus.

Quoniam pater meus et mater mea dereliquerunt me : Dominus autem assumpsit me.

Legem pone mihi Domine in via tua, et dirige me in semitam rectam propter inimicos meos.

Ne tradideris me in animas tribulantium me : quoniam insurrexerunt in me testes iniqui : et mentita est iniquitas sibi.

Credo videre bona
Domini in terra
viventium.

Expecta Domi-
num, viriliter age :
et confortetur cor
tuum, et sustine
Dominum.

Ad te Domine
clamabo, Deus me-
us ne sileas a me :
ne quando taceas a
me, et assimilabor
descendentibus in
lacum.

Exaudi Domine
vocem deprecationis
meæ, dum oro
ad te, dum extollo
manus meas ad
templum sanctum
tuum.

Ne simul trahas
me cum peccatori-
bus, et cum oper-
antibus iniquita-
tem ne perdas me.

Qui loquuntur pa-
cem cum proximo
suo ; mala autem
in cordibus eorum :

Da illis secundum
opera eorum, et
secundum nequi-
tiam adinventio-
num ipsorum.

Secundum opera
manuum eorum
tribue illis : redde
retributionem eo-
rum ipsis.

I will look forward and strengthen
my heart in the hope of life with Thee
in the land of the living.

I will now hope and act earnestly,
and be of good heart ; I will hold
closely to Thee, my Lord and my
God !

Ad te, Domine. Ps. 27.

I WILL cry to Thee, O Lord ; do not
Thou refuse to answer me, lest I
be as one without any hope, whose
only end is in the pit of despair.

Hear me, my merciful Lord, when I
raise my hands to Thee in prayer.

Do not treat me as a sinner, for I
rely on Thy mercy. Do not slay me
in my sin, and destroy me before I
have time to repent.

Obdurate sinners may have a smiling
face, but their heart is full of evil.

Deal with them, O Lord, according
to their works, because of the malice
of their hearts.

Give them their reward as they
deserve.

For they have not understood Thee, O my God, and Thou canst not build them up till they know Thee and trust Thee.

Make my heart humble, O Lord, that I may bless Thee. Hear Thou the voice of my supplication.

Give me a trustful heart, and in Thy mercy let me win Thy protection and help.

My body also shall rejoice in Thy help ; it was weakened when I trusted not in Thee, but now that my will is given to Thee I will praise Thee with all my being.

Thou art the strength of soul and body, O Lord. In Thy protection both shall gain the heaven won for them by Thee, O Christ !

Save me, O Lord, and bless me, for I am Thine and come to Thee. Guide me all my life in the path of perfection, and lift me up, mind and body, that I may be with Thee for ever.

Afferte Domino. Ps. 28.

I WILL bring to Thee, O my Lord God, my sacrifices, especially the sacrifice which Thou Thyself hast given me, the Lamb of God, Thy own Son. I am Thy child by so many titles—by creation, redemption, baptism, and lastly, by religious profes-

Quoniam non intellexerunt opera Domini, et in opera manuum ejus : destrues illos, et non ædificabis eos.

Benedictus Dominus ; quoniam exaudivit vocem deprecationis meæ.

Dominus adjutor meus et protector meus ; in ipso speravit cor meum, et adjutus sum.

Et refluoruit caro mea ; et ex voluntate mea confitebor ei.

Dominus fortitudo plebis suæ, et protector salvationum Christi sui est.

Salvum fac populum tuum Domine, et benedic hæreditati tuæ : et rege eos, et extolle illos usque in æternum.

AFFERTE Domino filii Dei : afferte

Domino filios arietum.

Afferte Domino gloriam et honorem ; afferte Domino gloriam nomini ejus : adorate Dominum in atrio sancto ejus.

Vox Domini super aquas, Deus majestatis intonuit : Dominus super aquas multas.

Vox Domini in virtute : vox Domini in magnificentia.

Vox Domini confringentis cedros ; et confringet Dominus cedros Libani.

Et comminuet eas tanquam vitulum Libani : et dilectus quemadmodum filius unicornium.

Vox Domini intercidentis flammam ignis ; vox Domini concutientis desertum : et commovebit Dominus desertum Cades.

Vox Domini præparantis cervos, et revelabit condensa : et in templo ejus

sion. I will join with Thy priest daily in Holy Mass in offering this sacrifice to Thee.

I will bring Thee also the sacrifice of my praise in the holy Office. I will glorify Thee as much as I am able. I will be most reverent in the honour I give to Thy name.

I will learn of Thy great power, O Lord, by considering the forces of nature.

I will not fail to trust in Thy power, and I will not miss the enjoyment of the beauty Thou hast spread out for me so lavishly in the heavens.

Thy power is shown in the force of great winds which so easily break down mighty trees.

Thou destroyest the great ones of the earth when it pleaseth Thee. They are reduced to pieces like a calf that is slain in sacrifice. Even Thy Beloved Son was made a worm and no man.

Thou shalt divide the flame, giving heat without light to hell, and perfect light without heat to heaven ; for Thy power is not manifested only now, but it will be for ever and ever, providing good things for those that are faithful. Those who wander from Thee in the desire of sin must expect nothing but trouble.

Whatever is noble in the animal or spiritual life depends on Thee, O Lord, that we may become perfect. Do Thou

make my heart Thy temple that there I may ever speak Thy glory.

Thou makest those who have passed through the flood of temptation to dwell in peace when Thou art acknowledged King over all. Be Thou my King and Ruler for ever.

I will trust in Thy power, O Lord, and I will wait for Thy blessing that Thou make me perfect in Thine own time. May I dwell in peace in Thy tabernacle.

Exaltabo te, Domine. Ps. 29.

I WILL praise Thee, O Lord, for all Thy kindness to me, taking me in Thy hand, and not letting the evil spirits rejoice in my fall.

I have cried to Thee so often, and Thou hast forgiven me and healed me, O my God.

Thou hast snatched me out of hell, where I should certainly now be but for Thy mercy.

Therefore, confiding in Thy mercy, I will not fear to join even with Thy holy ones in praising Thy holiness.

For though Thou art angry with me because of my sins Thy will is always that I should return to life.

If I have cause to weep in the evening, I may by repentance have Thy joy again before morning.

I may at times feel secure because of the abundance of Thy mercy, and I

omnes dicent gloriam.

Dominus diluvium inhabitare facit : et sedebit Dominus Rex in æternum.

Dominus virtutem populo suo dabit : Dominus benedicet populo suo in pace.

EXALTABO te Domine, quoniam suscepisti me : nec delectasti inimicos meos super me.

Domine Deus meus clamavi ad te, et sanasti me.

Domine eduxisti ab inferno animam meam : salvasti me a descendentibus in lacum.

Psallite Domino sancti ejus : et confitemini memoriæ sanctitatis ejus.

Quoniam ira in indignatione ejus : et vita in voluntate ejus.

Ad vesperum demorabitur fletus : et ad matutinum lætitia.

Ego autem dixi in abundantia mea :

Non movebor in
æternum.

Domine in volun-
tate tua, præsti-
tisti decori meo
virtutem.

*Avertisti faciem
tuam a me, et fac-
tus sum conturba-
tus.

Ad te Domine
clamabo, et ad
Deum meum de-
precabor.

Quæ utilitas in
sanguine meo, dum
descendo in cor-
ruptionem?

Numquid confite-
bitur tibi pulvis,
aut annuntiabit ve-
ritatem tuam?

Audivit Domi-
nus, et misertus
est mei : Dominus
factus est adjutor
meus.

Convertisti planc-
tum meum in
gaudium mihi : con-
scidisti saccum me-
um, et circumdediti-
sti me lætitia.

Ut cantet tibi glo-
ria mea, et non
compungar : Do-
mine Deus meus
in æternum confi-
tebor tibi.

In te Domine spe-
ravi, non confundar
in æternum : in

think that I shall not again sin against
Thee ;

But I must never forget that all the
force I have to resist evil, and be
clothed in beauty of soul, depends
wholly on conformity to Thy will.

If Thou once turn Thy face from
me, my kind, loving Lord, trouble
comes to my heart.

So I will ever cry to Thee, my God,
and pray very earnestly, lest I pre-
sume too much on Thy kindness.

My cry shall be—How shall I serve
Thee in hell? How fulfil the object
for which Thou didst make me?

Shall I be content to be so useless to
Thee as never to thank Thee, or show
forth Thy truth?

If Thou, O Lord, wilt but hear me,
and have mercy on me, and help me,

My mourning shall be turned into
gladness, and all my sorrow shall be
quickly turned into everlasting joy.

Then shall I sing to Thee who art
my only glory. O Lord my God, then
shall my joy be full, for it shall be
merged in Thy eternal joy.

In te, Domine. Ps. 30.

IN Thee, O Lord, my hope is fixed.
Put me not to shame, in the last
day. Thou wilt free me from all my

difficulties if I seek to follow Thy most just will.

In the fervour of my heart I will cry to Thee to bend down and listen to me, and in the time of danger to hasten to my aid.

My good God, be to me a Father and Protector. Be my house of refuge to which I may fly at all times.

For all my strength is from Thee, and if I seek refuge in any other I shall certainly be deceived. Thou, my God, wilt nourish me and make me strong against the enemies of my soul.

Bring me always out of any snare they may set for me, for I rely on Thy help and care.

Into Thy hands I give my soul, for Thou hast been good to me in the past, and I trust Thee, O God of truth.

Thou hatest those whose life is spent in vanity and in useless thoughts.

Enable me, O Lord, to put all my trust in Thee that I may be joyful in Thy mercy.

Thou hast so often regarded my weakness, and hast taken me out of the trouble to which sin has brought my soul.

Thou hast not left me in the hands of the enemy, but hast graciously

justitia tua libera me.

Inclina ad me aurem tuam ; accellera, ut eruas me.

Esto mihi in Deum protectorem, et in domum refugii, ut salvum me facias.

Quoniam fortitudo mea et refugium meum es tu, et propter nomen tuum deduces me et enutries me.

Educes me de laqueo hoc, quem absconderunt mihi ; quoniam tu es protector meus.

In manus tuas commendo spiritum meum : redemisti me Domine Deus veritatis.

Odisti observantes vanitates supervacue.

Ego autem in Domino speravi : exultabo et lætabor in misericordia tua.

Quoniam respexisti humilitatem meam : salvasti de necessitatibus animam meam.

Nec conclusisti me in manibus inimici :

statuisti in loco
spatioso pedes meos

given me the freedom of the religious
life in which to serve Thee.

Miserere mei Domine,
quoniam tribulor;
conturbatus est in ira oculus
meus, anima mea
et venter meus.

Have mercy on me, O Lord, when I
am in trouble. My eyes are often ready
to weep in anger that I cannot keep
away evil thoughts, and I am in
distress both of body and soul.

Quoniam defecit
in dolore vita mea,
et anni mei in gemitibus.

For at such times my life seems
worthless to me, and my soul can utter
only complaints.

Infirmata est in
paupertate virtus
mea, et ossa mea
conturbata sunt.

All my strength leaves me, and I can
only beg as a poor man.

Super omnes inimicos
meos factus sum opprobrium,
et vicinis meis valde,
et timor notis meis.

I feel as if all others reproach me,
and that my neighbours blame me
in their thoughts. Even my friends
seem afraid of me.

Qui videbant me,
foras fugerunt a me:
oblivioni datus sum tanquam
mortuus a corde.

All who see me seem to avoid me;
I am as one dead for all the sympathy
that is shown me.

Factus sum tanquam
vas perditum; quoniam
audivi vituperationem
multorum commorantium
in circuitu.

I seem like a useless vessel which is
thrown away; I take everything I
hear as if it were blame cast at me.

In eo, dum convenirent
simul adversum me,
accipere animam meam
consiliati sunt.

Everyone seems to be against me,
and to be consulting to bring me to
nothing.

Ego autem in te
speravi Domine;
dixi: Deus meus
es tu, in manibus
tuis sortes meæ.

But I will put my trust in Thee, O
Lord; I have acknowledged Thee as
my God. My whole life is in Thy
hands.

Do Thou save me from all my trouble and from all my enemies.

Let the light of Thy face shine upon Thy servant, and be ever merciful to me, O Lord. Let me never be put to shame when I call upon Thee.

Let the wicked who have tried to disturb my soul be put to shame, if it be Thy will; and let the evil spirits who have tried to cast me down be themselves sent back to hell. May all lying lips be silenced.

For they have spoken evil against Thy Just One in pride and in scorn.

O my Lord, how great is the multitude of Thy sweetness for all who truly reverence Thee !

Thou art ever bountiful to all who put their trust in Thee, giving them a great desire of perfection and ample means of obtaining it.

Thou shalt hide them in Thy loving Heart from all the disturbance around them.

Thou wilt give them the refuge of the cloister, whatever the world may say against them.

As for me, I will always bless Thee, O Lord, for Thy wonderful mercy in placing me in a fenced city, *i.e.*, my holy Order.

Eripe me de manu inimicorum meorum, et a persequentibus me.

Illustra faciem tuam super servum tuum ; salvum me fac in misericordia tua : Domine non confundar, quoniam invocavi te.

Erubescant impii et deducantur in infernum : muta fiant labia dolosa.

Quæ loquuntur adversus justum iniquitatem, in superbia et in abusione.

Quam magna multitudo dulcedinis tuæ Domine, quam abscondisti timentibus te.

Perfecisti eis, qui sperant in te, in conspectu filiorum hominum.

Abscondes eos in abscondito faciei tuæ a conturbatione hominum.

Proteges eos in tabernaculo tuo a contradictione linguarum.

Benedictus Dominus, quoniam misericordiam suam mihi in civitate munita.

Ego autem dixi in excessu mentis meæ : Projectus sum a facie oculorum tuorum.

Ideo exaudisti vocem orationis meæ, dum clamarem ad te.

Diligite Dominum omnes sancti ejus ; quoniam veritatem requirit Dominus, et retribuet abundanter facientibus superbi-
am.

Viriliter agite, et confortetur cor vestrum, omnes qui speratis in Domino.

BEATI, quorum remissæ sunt iniquitates, et quorum tecta sunt peccata.

Beatus vir, cui non imputavit Dominus peccatum, nec est in spiritu ejus dolus.

Quoniam tacui, inveteraverunt ossa mea dum clamarem tota die.

Quoniam die ac nocte gravata est super me manus tua : conversus sum in ærumna mea, dum configitur spina.

And if at any time I should be cast down, because Thou seemest to have left me,

I will turn to Thee in prayer, and Thou wilt surely hear me.

Therefore, I will call upon all Thy servants to love Thee, O Lord, for Thy great faithfulness. I will leave to Thee all the proud spirits who try to bring discord into my life.

My soul will take courage, O Lord, and my heart will be made strong, for I stand ever with those who put their trust in Thee.

Beati, quorum. Ps. 31.

HOW happy are those, O Lord, whose sins Thou hast forgiven and covered in Thy Precious Blood !

He also is blessed in whose heart Thou seest no will to evil ; whose conscience is open and sincere, and in whose life there is no deceit.

There was a time when I could not speak to Thee, my God, and my sorrow was, as it were, eating into my very bones. I did nothing but complain all the day.

For Thy hand seemed heavy upon me ; there seemed to be always a thorn in my flesh, and I was never without anguish of mind.

But now, O my Lord, I have confessed my sins to Thee, without trying to excuse myself or hiding my baseness from Thee.

As soon as I had determined to be sincere with Thee, Thou didst at once forgive my sin.

May all who wish to serve Thee in holiness of life always entreat Thy help, for no time is unseasonable for turning to Thee.

Even in the stress of severe temptation I will call upon Thee, for temptations shall have no force against me if I turn immediately to Thee.

Thou art my refuge to which I can fly from all troubles which surround me. Thou art my joy in which I am secure against all my foes.

Speak to me, O Lord, these words ; I will give thee understanding, and I will instruct thee in the way thou shalt go ; I will fix Mine eyes upon thee.

I will not be unwilling to be led like horse or mule that have no understanding.

Do not, O Lord, treat me as these. Do not bind me with bit and bridle because I will not serve Thee, but make me attentive to Thy Word, and very faithful in obedience to Thee.

If I oppose Thee, O Lord, by my sin and my want of trust there is nothing

*Delictum meum
cognitum tibi feci,
et injustitiam meam
non abscondi.*

*Dixi : Confitebor
adversum me in-
justitiam meam Do-
mino, et tu remis-
isti impietatem pec-
cati mei.*

*Pro hac orabit ad
te omnis sanctus
in tempore oppor-
tuno.*

*Verumtamen in
diluvio aquarum
multarum ad eum
non approxima-
bunt.*

*Tu es refugium
meum a tribula-
tione, quæ circum-
dedit me : exulta-
tio mea, erue me
a circumdantibus
me.*

*Intellectum tibi
dabo, et instruam
te in via hac, qua
gradieris, firmabo
super te oculos
meos.*

*Nolite fieri sicut
equus et mulus,
quibus non est in-
tellectus.*

*In camo et fræno
maxillas eorum con-
stringe, qui non
approximant ad te.*

*Multa flagella pec-
catoris ; sperantem
autem in Domino*

misericordia circumdabit.

Lætamini in Domino et exultate justi, et gloriamini omnes recti corde.

EXULTATE justi in Domino : rectos decet collaudatio.

Confitemini Domino in cithara : in psalterio decem chordarum psallite illi.

Cantate ei canticum novum : bene psallite ei in vociferatione.

Quia rectum est verbum Domini : et omnia opera ejus in fide.

Diligit misericordiam et judicium : misericordia Domini plena est terra.

Verbo Domini cœli firmati sunt ; et spiritu oris ejus omnis virtus eorum.

Congregans sicut in utre aquas maris : ponens in thesauris abyssos.

but punishment in store for me. Let Thy mercy be always about me.

Give me of the joy that comes from a desire for the perfection to which Thou hast called me, and give me a humble heart which is ever conformed to Thy will.

Exultate, justi. Ps. 32.

IN my striving after perfection I must not be downhearted, but joyful in Thy service, O Lord.

I will praise Thee, my God, with all the powers Thou hast given me. I will lift up my voice in Thy praise, especially in the holy Office.

I will sing to Thee a new song, for I will give my heart more thoroughly to Thee day by day.

I will put great trust in Thy Word which is true with Thy eternal truth, and I will try to acknowledge as a gift from my most faithful friend all Thou sendest me, however hard it is to bear.

How upright and gracious hast Thou not been to me ! The earth is full of Thy goodness and mercy.

Thou art great and powerful, O Lord, the Creator of all things by Thy word.

Thou didst gather the waters together, and didst make great hollows for them to rest in.

Mindful of Thy greatness, I must be careful and reverent in Thy presence.

For by Thy word alone Thou didst create all things.

O Lord, I can trust in no counsel but Thine. Thou canst turn to folly the designs of men. The selfish designs of the rulers of the world Thou dost render of no avail.

Thy words alone endure for ever. I will listen to them, and the whisperings of Thy heart I will be careful to hear.

Bless me, O Lord, for I am Thy child. Thou art my Lord God ; I am Thy inheritance, and Thou hast chosen me. Of myself I am worthless, but of great value if, by Thy grace, I am faithful to Thee.

Make me pleasing to Thee, O Lord, for I am always in Thy sight.

Make a home for Thyself in my heart. Look on me with Thy merciful eyes, my kind, loving Lord.

I will leave all judgment to Thee who knowest the hearts of men, for Thou alone dost understand.

No king can stand against Thee, nor

Timeat Dominum
omnis terra : ab
eo autem commo-
veantur omnes in-
habitantes orbem.

Quoniam ipse
dixit, et facta sunt :
ipse mandavit, et
creata sunt.

Dominus dissipat
consilia gentium ;
reprobat autem co-
gitationes populo-
rum ; et reprobat
consilia principum.

Consilium autem
Domini in æter-
num manet : cogi-
tationes cordis ejus
in generationem et
generationem.

Beata gens, cujus
est Dominus Deus
ejus ; populus,
quem elegit in hæ-
reditatem sibi.

De cœlo respexit
Dominus : vidit
omnes filios homi-
num.

De præparato ha-
bitaculo suo, re-
spexit super om-
nes, qui habitant
terram.

Qui finxit singil-
latim corda eo-
rum : qui intelligit
omnia opera eorum.

Non salvatur rex
per multam virtu-
tem : et gigas non

salvabitur in multitudine virtutis suæ.

Fallax equus ad salutem : in abundantia autem virtutis suæ non salvabitur.

Ecce oculi Domini super metuentes eum ; et in eis, qui sperant super misericordia ejus.

Ut eruat a morte animas eorum : et alat eos in fame.

Anima nostra sustinet Dominum ; quoniam adjutor et protector noster est.

Quia in eo lætabitur cor nostrum : et in nomine sancto ejus speravimus.

Fiat misericordia tua Domine super nos ; quemadmodum speravimus in te.

BENEDICAM Dominum in omni tempore : semper laus ejus in ore meo.

In Domino laudabitur anima mea : audiant mansueti et lætentur.

Magnificate Dominum mecum : et exaltemus nomen ejus in idipsum.

is any strength of worth unless it come from Thee.

Nothing can save me if I leave Thee, my God.

Give me a holy fear of Thee, my Lord, and a great trust in Thine infinite mercy. Cast Thine eyes upon me, and let me never forget Thy loving presence.

Then shalt Thou deliver me from sin, and shalt encourage me in the time of desolation.

I will wait with patience Thy good time, O my God. Thou alone art my helper and protector.

My heart will rejoice in Thee, for I will trust in Thy holy Name.

May Thy mercy, O Lord, be upon me, because I have hoped in Thee.

Benedicam Dominum. Ps. 33.

I BLESS Thee, O my God, for allowing me to spend my time in singing Thy praises all the day.

Make me, O Lord, meek and humble of heart, and my soul shall rejoice in Thy glory.

I will magnify Thee, and pray that others may exalt Thy holy Name together with me.

I will seek Thee, Lord, till I find Thee ; I will speak to Thee, and Thou wilt hear and deliver me in the moment of trial.

I will come to Thee, Lord, and be enlightened, and with the strength of Thy grace I shall not be fearful before Thee.

I will come to Thee as one little and poor, and Thou wilt hear me and save me from my troubles.

To those who fear Thee with a loving fear Thou wilt send Thy angels to be constantly about them to deliver them.

O my Lord, give me to taste how sweet Thou art, and bless me for I trust in Thee.

A loving fear of Thee must be in my heart, that I may be reverent to Thee ; then Thou wilt be good to me, and I shall not be in need.

If I trust myself I shall be in want, and shall not taste the sweets of Thy converse. But if I seek Thee, O Lord, I shall not be deprived of any good.

I am Thy child by many titles. I will listen to Thee and Thou wilt guide me aright. Thou wilt instil all reverence into me.

I have longed for life, the full life of my soul. I will listen to Thee, my God, that I may secure the life I desire.

I must keep a guard on my tongue that it speak no evil, either against

Exquisivi Dominum, et exaudivit me : et ex omnibus tribulationibus meis eripuit me.

Accedite ad eum et illuminamini : et facies vestrae non confundentur.

Iste pauper clamavit, et Dominus exaudivit eum : et de omnibus tribulationibus ejus salvavit eum.

Immittet Angelus Domini in circuitu timentium eum, et eripiet eos.

Gustate et videte, quoniam suavis est Dominus : beatus vir, qui sperat in eo.

Timete Dominum omnes sancti ejus, quoniam non est inopia timentibus eum.

Divites egruerunt et esurierunt : inquirentes autem Dominum non minuentur omni bono.

Venite filii, audite me : timorem Domini docebo vos.

Quis est homo, qui vult vitam ? diligit dies videre bonos ?

Prohibe linguam tuam a malo ; et

labia tua ne loquantur dolum.

Diverte a malo, et fac bonum : inquire pacem, et persequere eam.

Oculi Domini super justos : et aures ejus in preces eorum.

Vultus autem Domini super facientes mala ; ut perdat de terra memoriam eorum.

Clamaverunt justi, et Dominus exaudivit eos : et ex omnibus tribulationibus eorum liberavit eos.

Juxta est Dominus iis, qui tribulationes sunt corde : et humiles spiritu salvabit.

Multæ tribulationes justorum : et de omnibus his liberabit eos Dominus.

Custodit Dominus omnia ossa eorum : unum ex his non conteretur.

Mors peccatorum pessima : et qui oderunt justum, delinquent

Redimet Dominus animas servorum suorum : et non delinquent omnes, qui sperant in eo.

Thee by murmuring, or against my neighbour by hasty judgment.

I will turn away from evil with Thy help, my God ; and I will do all the good Thou layest to my hand, so that I may seek peace and pursue it.

Thine eyes, O Lord, will be upon me if I am upright. Thine ears will be attentive to my prayers.

Thine anger will be roused against me if I commit wilful sin. Thou wilt act as if Thou hadst forgotten my existence.

Thou wilt hear the cry of a righteous heart, and deliver me from all trouble.

Thou, O my God, art very near me when I sorrow for my sin ; and when I am humble I may safely trust in Thee.

When troubles come upon me I may still trust Thee ; Thou wilt be good to me.

Thou wilt have care of me that no harm befall me.

If I lose hope in Thee, my God, misfortune will make me sad.

But if I trust in Thee, Thou wilt guard me, and wilt not leave me an orphan and desolate, but Thou wilt Thyself console me and comfort me.

Judica, Domine. Ps. 34.

O LORD, take up the cause of Thy Church against the enemies which assail it, and the cause of my soul against all that oppose my religious life.

Be to me a strong defence, lending me the arms I need to make me safe against attack.

O my God, stand in front of me and break the force of the attack upon me. Let me know that Thou art my salvation.

Reduce to shame the enemies of Thy Church as Thou hast so often in the past confounded the enemy of souls.

Let those who think evil of Thy Church and Thy holy ones be turned back from their purpose, and let them be ashamed.

If they persist in their evil ways do Thou reduce them to dust, which has no power to do harm, and let Thy holy angels pursue them.

How terrible, O Lord, is the state of those who wilfully sin against Thee. Darkness blinds the eyes, and there is no firmness for the feet. The soul is driven in much terror by Thy angels. Save me from such a state.

Alas ! I have given the enemies of my soul many opportunities of bringing me to ruin. O Lord, grant that for the future I may give them no assistance.

In Thy mercy save me from all the

JUDICA Domine nocentes me : expugna impugnantes me.

Apprehende arma et scutum : et exurge in adjutorium mihi.

Effunde frameam, et conlude adversus eos, qui persequuntur me ; dic animæ meæ : Salus tua ego sum.

Confundantur et reveantur querentes animam meam.

Avertantur retrorsum et confundantur, cogitantes mihi mala.

Fiant tanquam pulvis ante faciem venti : et Angelus Domini coarctans eos.

Fiat via illorum tenebræ et lubricum : et Angelus Domini persequens eos.

Quoniam gratis absconderunt mihi interitum laquei sui : supervacue exprobraverunt animam meam.

Veniat illi laqueus, quem ignorat ; et captio, quam

abscondit, apprehendat eum : et in laqueum cadat in ipsum.

Anima autem mea exultabit in Domino, et delectabitur super salutari suo.

Omnia ossa mea dicent : Domine, quis similis tibi ?

Eripiens inopem de manu fortiorum ejus ; egenum et pauperem a diripientibus eum.

Surgentes testes iniqui, quæ ignorabam, interrogabant me.

Retribuebant mihi mala pro bonis, sterilitatem animæ meæ.

Ego autem, cum mihi molesti essent, induebar cilicio.

Humiliabam in juniorio animam meam : et oratio mea in sinu meo convertetur.

Quasi proximum et quasi fratrem nostrum, sic complacebam : quasi lugens et contristatus, sic humiliabar.

snares of the evil one. May he be caught and confounded by his own temptation.

Do Thou, O Lord, allow me to have the joy of escape, and to rejoice in Thee who wilt save me.

I shall be drawn closer to Thee, Lord, by Thy kind protection. May I ever esteem Thee above all, for there is none like unto Thee.

Thou deliverest my poor soul from the strong assaults of the devil, against whom I am unable to stand if Thou help me not. He strives to rob me of all Thou hast given me.

He is ever ready to fill my conscience with anxiety.

His seeming friendship brings me nothing but evil. He would make my soul incapable of any good action.

At least, I can take up the mortification of my flesh when the spirits of darkness molest me with evil thoughts.

I will with Thy help, my God, humble myself and restrain my appetite. Humility and mortification will, by Thy grace, free me from the wiles of the devil. I will bow myself down in prayer to Thee from whom all strength will come to me.

In my youth I behaved as if the evil one was my friend, but now I am humbled and in grief for all my folly.

All the time the devil rejoiced, thinking he held me safely. I find now that my foolish and sinful ways were preparing torment for me as I grew older.

Even then, O Lord, Thou didst drive the evil spirits away from me at times, but they came back as soon as I had left Thy protection. They dealt with me as if I were unable to resist.

O Lord my God, cast Thine eyes upon me. Bring back my soul from the lamentable state to which their malice had reduced it. I have nothing to return to Thee till my soul is my own again.

I will thank Thee in the holy choir. I will unite myself to Thy army—Thy faithful—and praise Thee in the name of the whole Church.

Let not Thine enemies have any reason for rejoicing over me again, O Lord, or of scorning my weakness. Let them know that Thou art near to help me.

The evil spirits told me that negligence would do me no lasting harm, but I know now how falsely they spoke.

Even then they were ready to confuse me with the noise they made in my heart, but now they bring to my mind every folly of the past.

Thou also wast present, Lord, for Thou seest all things. Speak now, Lord, and let mine enemies know that

Et adversum me lætati sunt et convenerunt : congregata sunt super me flagella, et ignoravi.

Dissipati sunt nec compuncti : tentaverunt me, subsannaverunt me, subsannatione : frenduerunt super me dentibus suis.

Domine quando respicies ? restitue animam meam a malignitate eorum : a leonibus unicam meam.

Confitebor tibi in ecclesia magna : in populo gravi laudabo te.

Non supergaudent mihi, qui adversantur mihi inique : qui oderunt me gratis et annuunt oculis.

Quoniam mihi quidem pacifice loquebantur : et in iracundia terræ loquentes, dolos cogitabant.

Et dilataverunt super me os suum ; dixerunt : Euge, euge, viderunt oculi nostri.

Vidisti Domine, ne sileas ; Domine

ne discedas a me.

Thou hast consented to stay by me to protect me.

Exurge et intende
judicio meo, Deus
meus et Dominus
meus, in causam
meam.

Too long have I delayed to call upon
Thee. My Lord and my God, take
up my cause now. I commit all to
Thee.

Judica me secun-
dum justitiam tu-
am Domine Deus
meus, et non super-
gaudeant mihi.

Remember, O Lord, that my cause
is Thine, for Thou hast taken it up by
condescending to become my brother,
my helper.

Non dicant in
cordibus suis : Euge,
euge, animæ
nostræ ; nec di-
cant : Devoravi-
mus eum.

Let not the evil spirits have any
more part in me, nor let them take me
down to themselves in hell.

Erubescant et re-
vereantur simul,
qui gratulantur ma-
lis meis.

Bring shame upon the evil one for
all the evil he has wrought against
me.

Induantur confu-
sione et reverentia,
qui magna loqu-
untur super me.

Let him be brought to shame for all
his evil inspirations to me.

Exultent et læten-
tur, qui volunt jus-
titiam meam ; et
dicant semper :
Magnificetur Domi-
nus, qui volunt pa-
cem servi ejus.

But let all who love Thy justice be
glad and rejoice, because Thou hast
taken me up and consoled me. Let
them magnify Thy name, O Lord, for
that Thou hast made me long to bring
glory to Thee.

Et lingua mea
meditabitur justiti-
am tuam ; tota
die laudem tuam.

Then I will keep in my heart the
desire of perfection, and sing Thy
praises all the day long.

Dixit injustus, ut
delinquat in seme-
tipso : non est ti-
mor Dei ante oculos
ejus.

Dixit injustus. Ps. 35.
THE sinner flatters himself that
Thou, Lord, wilt take no notice
of his sin.



Yet he is ever deceitful in Thy sight, and the end of his sin is that Thy love is turned away from him.

He even speaks evil against Thee, and pretends a reverence for Thee which he does not feel. He is wise in his own conceits, but in Thy sight he is ignorant and foolish.

He is never content with his own sin, but goes from bad to worse, and all evil becomes possible to him.

Yet Thy mercy and kindness are manifest to all, and Thy truth, in which we may have full confidence, is plainly before our eyes.

Thy justice, O God, is as evident as the mountains. The certainty of Thy judgments is as terrible as the sea.

Thy bounty, O Lord, is manifest in the beasts of the earth which Thou feedest, and in men whom Thou lovest so tenderly there is no end to Thy mercy, O my good God !

The children of men may confidently trust Thee. They will be safe under Thy loving protection.

It is in Thy Church Thou principally showest Thy kindness, satisfying hearts with abundant graces, and showing Thy children in what their true pleasure consists.

For Thou, my Lord, art the fount of true life, and in the light of Thy face I hope to see Thee, the true Light.

Quoniam dolose egit in conspectu ejus ; ut inveniatur iniquitas ejus ad odium.

Verba oris ejus iniquitas et dolus : noluit intelligere, ut bene ageret.

Iniquitatem meditatus est in cubili suo ; astitit omni viæ non bonæ ; malitiam autem non odivit.

Domine in cælo misericordia tua, et veritas tua usque ad nubes.

Justitia tua sicut montes Dei : judicium tua abyssus multa.

Homines et jumenta salvabis Domine ; quemadmodum multiplicasti misericordiam tuam Deus.

Filii autem hominum in tegmine alarum tuarum sperabunt.

Inebriabuntur ab ubertate domus tuæ : et torrente voluptatis tuæ potabis eos.

Quoniam apud te est fons vitæ : et in lumine tuo videbimus lumen.

Prætende miseri-
cordiam tuam
scientibus te : et
justitiam tuam his,
qui recto sunt
corde.

Non veniat mihi
pes superbiæ, et
manus peccatoris
non moveat me.

Ibi ceciderunt, qui
operantur iniquita-
tem : expulsi sunt,
nec potuerunt stare.

Stretch forth Thy mercy and let us
know Thee more clearly. Make me
pleasing to Thee by the sincerity of my
love of Thee.

Let no one who is not Thy humble
child come against me to take away
my peace. Let not any sinner disturb
me from the rest I have found in Thee.

Thou wilt see that the workers of
iniquity shall have no power to harm
me. Thou wilt cast them out. They
cannot stand against Thee.

Noli æmulari. Ps. 36.

NOLI æmulari in
malignantibus, ne-
que zelaveris faci-
entes iniquitatem.

Quoniam tanquam
fœnum velociter a-
rescent, et quem-
admodum olera her-
barum cito deci-
dent.

Spera in Domino,
et fac bonitatem,
et inhabita terram,
et pascaris in divi-
tiis ejus.

Delectare in Do-
mino, et dabit tibi
petitiones cordis
tui.

Revela Domino
viam tuam, et
spera in eo, et ipse
faciet.

Et educet quasi
lumen justitiam tu-
am, et judicium tu-
um tanquam meri-
diem : subditus

THOU, O my Lord, wishest me not
to lose heart, because evil doers
seem to prosper.

For all their prosperity is short
lived, but the goods Thou offerest to
Thy servant are eternal.

Therefore, I will live in hope,
cleaving to a good life, for the home
Thou offerest me is in heaven, and
Thy riches shall never fail.

With my whole heart I will seek my
joy in Thee, O Lord, for Thou alone
canst satisfy my desires.

I will be open and sincere with Thee,
relying on Thee that Thou wilt, by
Thy grace, fulfil Thy will in me.

Thou wilt allow me to advance in
Thy love which is my only justice, and
make me always follow Thy will which
is my only true judgment. I will be

obedient to Thee and open my heart to Thee in prayer.

I will no longer esteem earthly prosperity, for without Thee it is always accompanied by evil.

I will bridle my temper, and strive to keep myself from desiring any evil.

For if I seek to do evil I am in danger of punishment from Thee, but if I wait in patience and continue to trust in Thee Thou wilt see that I have a lasting reward.

The time of the wicked is very short here, and nothing will be left to mark their prosperity ;

But the meek who hope in Thee, O Lord, shall be in joy and peace for ever.

Sinners may do what they will to annoy the good ;

But Thou, O Lord, wilt laugh at all their attempts, for Thou seest all time, and Thou knowest how completely sin will be punished.

Sinners use all external means to dismay the good ;

They jeer at the poverty and earthly distress of the saints ;

esto Domino, et oraeum.

Noli æmulari in eo, qui prosperatur in via sua, in homine faciente injustitias.

Desine ab ira, et derelinque furorem : noli æmulari, ut maligneris.

Quoniam, qui malignantur, exterminabuntur : sustinentes autem Dominum, ipsi hæreditabunt terram.

Et adhuc pusillum, et non erit peccator : et quæres locum ejus, et non invenes.

Mansueti autem hæreditabunt terram, et delectabuntur in multitudine pacis.

Observabit peccator justum, et stridebit super eum dentibus suis.

Dominus autem irridebit eum ; quoniam prospicit, quod veniet dies ejus.

Gladium evaginantur peccatores : intenderunt arcum suum.

Ut dejiciant pauperem et inopem, ut trucident rectos corde.

Gladius eorum intret in corda ipsorum, et arcus eorum confringatur.

Melius est modicum justo super divitias peccatorum multas.

Quoniam brachia peccatorum conterentur : confirmat autem justos Dominus.

Novit Dominus dies immaculatum ; et hæreditas eorum in æternum erit.

Non confundentur in tempore malo ; et in diebus famis saturabuntur ; quia peccatores peribunt.

Inimici vero Domini, mox ut honorificati fuerint, et exaltati, deficientes quemadmodum fumus deficient.

Mutuabitur peccator et non solvet : justus autem miseretur et tribuet.

Quia benedicentes ei hæreditabunt terram : maledicentes autem ei disperibunt.

Apud Dominum gressus hominis di-

But Thou, O Lord, wilt turn all their cruelty upon themselves. Thou wilt show how worthless are their attempts to annoy Thy holy ones.

A little is far better for a just man, for he can have contentment in the enjoyment of it, than great riches are to the wicked, which often bring only remorse.

For the wicked stand alone, without Thee, and they are speedily destroyed ; but the just are under Thy protection and stand firmly.

Thou, my Lord, hast regard to the eternal peace of the innocent.

They shall not be cast down when temporal evils come upon them. Thou wilt see that they are not tried beyond their strength ; but the wicked shall have no hope.

The honour of this world, which is at times given to the wicked, is as worthless as smoke.

The sinner can not be trusted ; he will repudiate his just debts ; but the good man will have mercy, and would rather give out of his want.

They that bless Thee shall be remembered by Thee, but they that abuse Thee Thou wilt destroy.

Every step of those who will to serve Thee is under Thy kind guidance,

and Thou wilt see that it is pleasing to Thee.

Even when I fall I shall not be hurt, for Thy kind hand will be stretched out to support me.

This is the experience of all who look with loving eyes on Thy kind providence, that the good are under Thy protection.

Thou, Lord, wouldst have me very merciful and kind to others because of Thy mercy to me. Make me like to Thyself in kindness, and bless all who strive to follow Thee in mercy.

Division of Ps. 36 in Benedictine Breviary.

CRANT me then that I turn from evil and join myself to Thee, that Thou mayest give me an everlasting dwelling with Thee in heaven.

For Thou wilt most surely be just to Thy servants, and never forsake them if they try to follow in Thy footsteps. Thou hast prepared heaven for their reward.

On the other hand, those who will not serve Thee will most certainly be punished, and there shall remain nothing of all their works.

Thy servants who give Thee what is Thine, their faithful service, shall have a possession which will last for all eternity, and they shall dwell with Thee for ever in heaven.

Therefore, whilst I am here let me fill my heart with Thy wisdom and speak the praise of Thy just judgments.

rigentur, et viam ejus volet.

Cum ceciderit, non collidetur, quia Dominus supponit manum suam.

Junior fui, etenim senui, et non vidi justum derelictum, nec semen ejus quærens panem :

Tota die misere-tur et commodat ; et semen illius in benedictione erit.

DECLINA a malo, et fac bonum, et inhabita in sæculum sæculi :

Quia Dominus amat judicium ; et non derelinquet sanctos suos : in æternum conservabuntur.

Injusti punientur, et semen impiorum peribit.

Justi autem hæreditabunt terram, et inhabitabunt in sæculum sæculi super eam.

Os justi meditabitur sapientiam, et lingua ejus loquetur judicium.

Lex Dei ejus in corde ipsius : et non supplantabuntur gressus ejus.

Considerat peccator justum, et quærit mortificare eum.

Dominus autem non derelinquet eum in manibus ejus ; nec damnabit eum, cum judicabitur illi.

Expecta Dominum, et custodi viam ejus ; et exaltabit te, ut hæreditate capias terram : cum perierint peccatores, videbis.

Vidi impium superexaltatum, et elevatum sicut cedros Libani :

Et transivi, et ecce non erat ; et quæsi eum, et non est inventus locus ejus.

Custodi innocentiam, et vide æquitatem ; quoniam sunt reliquæ homini pacifico.

Injusti autem disperibunt simul : reliquæ impiorum interibunt.

Salus autem justorum a Domino, et protector eorum in tempore tribulationis.

Let Thy law be in my heart, O my God, and by Thy grace may my feet be firm to walk in Thy love.

For though the wicked shall watch his opportunity, and strive to ruin all the good he finds on earth,

Thou, O Lord, wilt not abandon me, nor wilt Thou be hard on me in the Day of Judgment.

I must be content to wait for Thy time, Lord, for Thy promise is firm, that if I am faithful I shall remain in Thy love.

The whole history of man proclaims that though Thou dost sometimes allow the sinner to be exalted for our trial,

He shall surely be brought down, and remembered only as a by-word.

That I may be Thine for ever, O Lord, I will value a pure heart, and keep my eyes on the perfection to which Thou hast called me.

Sinners will go down together to eternal perdition, for they trust in themselves.

But the innocent shall be saved by Thy grace, O Lord. Thou wilt never forsake them.

Thou wilt give them help and deliverance, and Thou wilt save them from the persecutions of sinners. Thou wilt bring them to Thyself because of their trust in Thee.

Domine, ne in furore. Ps. 37.

O LORD, I acknowledge that I deserve all the punishment Thou canst send me, but I pray Thee be no longer angry with me ;

For I have suffered much because of my sin and my neglect of Thee. The wounds are still with me, and the difficulties of my following Thee seem hard to me at times.

I am not as one in full health and able to avoid Thine anger. I have not the peace I desire, for my sins have made me down-hearted.

My past sins have darkened the clearness of my judgment ; they are always with me, keeping me from any free movement towards Thee.

I now hate my sins, for they are noisome to me. They remind me of folly in the past, and warn me of weakness.

My sins make me very miserable. They oppress me and fill me with sorrow.

For my flesh has been to me a snare ; it has lost its subjection to Thy will in which its only health is found.

Et adjuvabit eos Dominus, et liberabit eos ; et eruet eos a peccatoribus, et salvabit eos ; quia speraverunt in eo.

DOMINE ne in furore tuo arguas me, neque in ira tua corripas me :

Quoniam sagittæ tuæ infixæ sunt mihi, et confirmasti super me manum tuam.

Non est sanitas in carne mea a facie iræ tuæ ; non est pax ossibus meis a facie peccatorum meorum :

Quoniam iniquitates meæ supergressæ sunt caput meum, et sicut onus grave gravatæ sunt super me.

Putruerunt et corruptæ sunt cicatrices meæ, a facie insipientiæ meæ.

Miser factus sum, et curvatus sum usque in finem ; tota die contristatus ingrediebar.

Quoniam lumbi mei impleti sunt illusionibus, et non est sanitas in carne mea.

Afflictus sum et humiliatus sum nimis ; rugiebam a gemitu cordis mei.

Domine ante te omne desiderium meum, et gemitus meus a te non est absconditus.

Cor meum conturbatum est, dereliquit me virtus mea, et lumen oculorum meorum, et ipsum non est mecum.

Amici mei et proximi mei adversum me appropinquaverunt et steterunt.

Et qui juxta me erant, de longe steterunt ; et vim faciebant, qui quærebant animam meam.

Et qui inquirebant mala mihi, locuti sunt vanitates, et dolos tota die meditabantur.

Ego autem tanquam surdus non audiebam, et sicut mutus non aperiens os suum.

Et factus sum sicut homo non audiens, et non habens in ore suo redargutiones.

Quoniam in te Domine speravi ;

I am justly afflicted, O Lord ; do Thou grant me a humble heart, and let me cry out my contrition to Thee.

Lord, all my desire is before Thee, for Thou knowest I want to be free from sin ; my sorrow has appealed to Thee to hear me.

My heart is in trouble, for it fails in its love for Thee, my good God ; my strength which might have kept me in Thy love is become weakness, because I neglected Thy graces, and the light which might have been given to me is obscured by past sins.

It has appeared to me that my friends and neighbours hindered and opposed me,

Those from whom I might have expected consolation, even Thy angels and saints, have seemed so far away ; and my enemies, the evil spirits, grew violent against me.

They have whispered evil thoughts and all manner of lies to me.

My only defence was to be as if I were deaf, and to hold my tongue as if I were dumb.

I had to be as if I heard not, and knew not how to make any answer.

My only consolation is my hope in Thy mercy, O Lord my God, and the

firm belief That Thou wilt hear my prayer.

I long to do this service for Thee, that the evil one may have no reason to rejoice in my conduct.

I have suffered much in mind and body, and my punishment has brought sorrow to my heart.

I will gladly declare my sin and keep it before my mind.

My enemies still glory over me. O my Lord, let them not rejoice in the end.

I shall have to bear abuse and misunderstanding if I try to live a good life.

Forsake me not, O Lord my God, and all will be well with me.

Listen to my prayer, O Lord, and send me help from Thine own heart, Thou God of my salvation.

Dixi, custodiam. Ps. 38.

O LORD my God, I turn to Thee. Let me see the necessity for restraint, especially in the use of my tongue.

tu exaudies me
Domine Deus meus.

Quia dixi : Nequando supergaudeant mihi inimici mei ; et dum commoventur pedes mei, super me magna locuti sunt.

Quoniam ego in flagella paratus sum : et dolor meus in conspectu meo semper.

Quoniam iniquitatem meam annuntiabo : et cogitabo pro peccato meo.

Inimici autem mei vivunt, et confirmati sunt super me, et multiplicati sunt qui oderunt me inique.

Qui retribuunt mala pro bonis, detrahebant mihi, quoniam sequebar bonitatem.

Ne derelinquas me Domine Deus meus, ne discesseris a me.

Intende in adiutorium meum, Domine Deus salutis meæ.

DIXI : Custodiam vias meas, ut non delinquam in lingua mea.

Posui ori meo custodiam, cum consisteret peccator ad versum me.

Obmutui et humiliatus sum et silui a bonis, et dolor meus renovatus est.

Concaluit cor meum intra me; et in meditatione mea exardescet ignis.

Locutus sum in lingua mea: Notum fac mihi Domine finem meum.

Et numerum dierum meorum, quis est, ut sciam, quid desit mihi.

Ecce mensurabiles posuisti dies meos; et substantia mea tanquam nihilum ante te.

Verumtamen universa vanitas, omnis homo vivens.

Verumtamen in imagine pertransit homo: sed et frustra conturbatur.

Thesaurizat, et ignorat, cui congregabit ea.

Et nunc quæ est expectatio mea, nonne Dominus?

Make me to see the necessity of care in speaking to those who wish to belittle my vocation.

Hence, I take upon myself the discipline of silence; even with regard to good and pious subjects I will prefer silence. It will be more pleasing to Thee, my God, to suffer in silence rather than to speak in self-defence.

Though my heart is on fire to make answer, I will find peace in silence.

I will speak with Thee, my Lord, of the end of all my striving, *i.e.*, the complete submission to Thee, and of the consequent joy with Thee in heaven.

Keep before my mind the shortness of this present life, and the best way to use what remains of it in Thy service.

Such considerations reveal the shortness of life, and the worthlessness before Thee of all that I can gain in this world.

For not only are all things merely vanity, but the intercourse with my brethren appears of little use.

For I am as an actor on a stage, and my disquiet leads to nothing.

It is better to see only Thee, my God, who art my treasure, the self-same for ever, and whose love means so much to me.

This silence and consideration of Thee, my God, teach me that my only

good is in Thee, and the only substance that is worth striving for is Thyself.

I am not fit to seek Thee and enjoy Thee till my sins are taken away. Deliver me from them, O Lord. I have suffered reproach even from the foolish because of my sins.

I recognise, Lord, that Thou hast brought these and other pains upon me because of my sins, and I wish to be silent and not to defend myself. Do Thou now remove from me my sufferings.

It is Thy hand which has punished me.

Now that I recognise that this punishment is from Thee, I will not be disturbed ;

But I will cry to Thee to hear me and have regard to my tears of repentance.

O my Lord, speak to my heart and be not silent. Do not treat me as a stranger, for I am only a traveller here as all men are.

Refresh me before I come to Thee. Let me know that Thou hast accepted me and that Thou lovest me.

Expectans expectavi. Ps. 39.

O MY Lord, grant that I may patiently and constantly put my trust in Thee. Thou art good to listen to me.

et substantia mea
apud te est.

Ab omnibus ini-
quitatibus meis
erue me : oppro-
brium insipienti de-
disti me.

Obmutui et non
aperui os meum,
quoniam tu fecisti :
amove a me pla-
gas tuas.

A fortitudine ma-
nus tuæ ego defeci
in increpationibus :
propter iniquita-
tem corripuisti ho-
minem.

Et tabescere fe-
cisti sicut araneam
animam ejus : ve-
rumtamen vane
conturbatur omnis
homo.

Exaudi orationem
meam Domine, et
deprecationem me-
am : auribus per-
cipe lacrymas meas.

Ne sileas, quoni-
am advena ego
sum apud te et
peregrinus, sicut
omnes patres mei.

Remitte mihi, ut
refrigerer, prius-
quam abeam, et
amplius non ero.

EXPECTANS expec-
tavi Dominum, et
intendit mihi.

Et exaudivit preces meas, et eduxit me de lacu miseriæ, et de luto fæcis.

Et statuit super petram pedes meos, et direxit gressus meos.

Et immisit in os meum canticum novum, carmen Deo nostro.

Videbunt multi et timebunt, et sperabunt in Domino.

Beatus vir, cujus est nomen Domini spes ejus ; et non respexit in vanitates et insanias falsas.

Multa fecisti tu Domine Deus meus mirabilia tua ; et cogitationibus tuis non est qui similis sit tibi.

Annuntiavi et locutus sum : multiplicati sunt super numerum.

Sacrificium et oblationem noluisti ; aures autem perfecisti mihi.

Holocaustum, et pro peccato non postulasti, tunc dixi : Ecce venio.

In past difficulties Thou hast heard my prayer, and hast mercifully brought me out of sin and shame by allowing me time to repent.

Thou hast made my feet safer by bringing me into religion, and guiding my steps by the holy Rule.

Thou hast allowed me to sing to Thee in the choir, and to join the angels who hymn Thy praises for ever.

May other hearts be attracted to the same life, serving Thee with reverence, and putting their trust in Thee.

Thou, O Lord, blessest all who hope in Thee, and who turn their eyes from the vanities of the world, and the deceitful follies which engage so many worldlings.

In all time Thou hast been wonderful in the use Thou hast made of weak men such as I am. The designs Thou hast for souls are beyond all that we could conceive.

Thou hast allowed me though worthless to manifest Thy goodness to others, and there are many like to me who could do nothing if it were not for Thy favour.

Thou art not pleased with sacrifice unless our ears are perfected so that they may hear Thy will and be completely submissive.

The sacrifices of the Old Law were not pleasing to Thee, and therefore Thou Thyself didst come to us to show us the way of obedience.

Thou hast in prophecy promised the example of a perfect life, and now Thou has shown us in what that perfection consists, *i.e.*, in the most complete submission to the will of the Father. By Thy grace I have accepted this Thy example, and undertaken the life of obedience. My God, keep Thy law in my heart.

Make me earnest to show forth Thy justice among my brethren, *i.e.*, to take a high view of the life to which Thou hast called me. Thou knowest, Lord, my good will. It is Thy gift.

Let me not be silent when there is need to speak in Thine honour, which is likely to be forgotten by the following of worldly or material ways.

Nor let me hide the mercy Thou hast shown to me when I am praised for my life, for all the good I have is owing to Thy mercy.

Take not from me, O my Lord, Thy kind mercies, without which I should have fallen away from Thee even more often than I have done.

For there are many enemies of my soul. My sins of the past have left blindness in mine eyes, so that I cannot at times see Thy holy will clearly.

My difficulties are so numerous that at times my heart almost fails me.

In capite libri scriptum est de me, ut facerem voluntatem tuam : Deus meus volui, et legem tuam in medio cordis mei.

Annuntiavi justitiam tuam in ecclesia magna ; ecce labia mea non prohibebo : Domine tu scisti.

Justitiam tuam non abscondi in corde meo : veritatem tuam et salutare tuum dixi.

Non abscondi misericordiam tuam et veritatem tuam a concilio multo.

Tu autem Domine ne longe facias miserationes tuas a me : misericordia tua et veritas tua semper susceperunt me.

Quoniam circumdederunt me mala, quorum non est numerus : comprehenderunt me iniquitates meæ, et non potui, ut viderem.

Multiplicatæ sunt super capillos capitis mei : et cor meum dereliquit me.

Complaceat tibi
Domine, ut cruas
me : Domine ad
adjuvandum me
respice.

Confundantur et
revereantur simul,
qui quærunt ani-
mam meam ut au-
ferant eam.

Convertantur re-
trorsum et revere-
antur, qui volunt
mihi mala.

Ferant confestim
confusionem suam,
qui dicunt mihi :
Euge, euge.

Exultent et læ-
tentur super te om-
nes quærentes te,
et dicant semper :
Magnificetur Domi-
nus, qui diligunt
salutare tuum.

Ego autem men-
dicus sum et pau-
per : Dominus soli-
citus est mei.

Adjutor meus et
protector meus tu
es, Deus meus ne
tardaveris.

BEATUS, qui intel-
ligit super egenum
et pauperem : in
die mala liberabit
eum Dominus.

Dominus conser-
vet eum, et vivifi-
cet eum, et beatum
faciat eum in terra,

Come Thou to mine aid, O Lord ;
look upon me and help me.

In Thy kindness take from the evil
spirits their power to hurt me.

Drive them back to their prison, for
they will not cease to plot against
me.

They are ready to mock Thee, O
Lord, when they gain any advantage
over me.

May I rejoice in Thee, because I have
sought Thee, my only good. I will
praise Thee and give all thanks to
Thee.

It is enough for me if Thou allow
me to be poor and in want, that I
may know how careful Thou art for
my good.

Thou, O Lord my God, art my only
helper and sure protector. Do not
leave me lest I fall.

Beatus qui intelligit. Ps. 40.

GIVE me, O Lord, a heart that can
pity the poor and all who are in
distress, for I know that Thou wilt
pity me when I am in need.

Take care of me, my loving Lord,
and let me have a vigorous religious
life.

In thy kindness bless me and guard me
from all danger.

Comfort me in sorrow, Lord, and
turn my sorrow to joy in Thee.

I cry to Thee, Lord, for mercy.
Heal my soul wounded by my sins.

The evil spirits who strive to make
me sin against Thee have done their
utmost to bring my soul to death.

They have whispered evil within my
heart, and have kept before me all
the sins of my youth.

They have brought temptation upon
me from without.

They have pestered me with evil
thoughts ; they have left me no peace.

They have tried to make me despair,
because I have sinned against Thee.

And even my friends have dealt
hardly with me, and by their severe
judgment made me still more down-
hearted.

et non tradat eum
in animam inimi-
corum ejus.

Dominus opem fe-
rat illi super lectum
doloris ejus : uni-
versum stratum
ejus versasti in in-
firmitate ejus.

Ego dixi : Domi-
ne miserere mei ;
sana animam me-
am, quia peccavi
tibi.

Inimici mei dixe-
runt mala mihi :
Quando morietur,
et peribit nomen
ejus ?

Et si ingrediebatur,
ut videret,
vana loquebatur :
cor ejus congrega-
vit iniquitatem sibi.

Egrediebatur fo-
ras, et loquebatur
in idipsum.

Adversum me su-
surrabant omnes in-
imici mei : adver-
sum me cogitabant
mala mihi.

Verbum iniquum
constituerunt ad-
versum me : Num-
quid qui dormit,
non adjiciet, ut re-
surgat ?

Etenim homo pa-
cis meæ, in quo
speravi, qui edebat
panes meos, mag-
nificavit super me
supplantationem.

Tu autem Domine miserere mei et resuscita me, et retribuas eis.

In hoc cognovi, quoniam voluisti me, quoniam non gaudebit inimicus meus super me.

Me autem propter innocentiam suscepisti, et confirmasti me in conspectu tuo in æternum.

Benedictus Dominus Deus Israel a sæculo et usque in sæculum. Fiat fiat.

QUEMADMODUM desiderat cervus ad fontes aquarum, ita desiderat anima mea ad te Deus.

Sitivit anima mea ad Deum fortem vivum, quando veniam et apparebo ante faciem Dei?

Fuerunt mihi lacrymæ meæ panes die ac nocte, dum dicitur mihi quotidie : Ubi est Deus tuus?

Hæc recordatus sum, et effudi in me animam meam ;

But I look to Thee, Lord, to support me by Thy mercy. Let me rise even to Thee on the wings of Thy mercy and forgiveness. Then I shall be able to put aside all my low spirits, and overcome my despair.

My consolation is the joy Thou hast given me in my confidence in Thy mercy.

I know that I may hope to be united to Thee, and to have a share in Thine innocence. Set me firmly in Thy presence, O my God, that I may never forget Thee.

Blessed be Thou, my Lord and my God, because of Thy mercy to me. Grant that I may love Thee with my whole heart for ever and ever. Amen.

QUEMADMODUM desiderat. Ps. 41.

O MY God, would that I longed for Thee as the hart longs for the springs of water, for Thou art the living water that alone can satisfy my thirsty soul !

Would that I did thirst for Thee, Thou strong living God ! Would that my only thought was how I could come to Thee and stand before Thy face !

Give me tears to weep when I see the little faith in Thee there is in the world.

When I hear of this grievous infidelity, I am consoled by the thought that there are some few who still know

Thee and serve Thee in the choir, at the altar, and in Thy house, the holy Church.

I remember the voice of joy and praise in the choir, and the joy of the great feasts of the Church.

Well may I say to my soul—Why art thou sad and cast down? All is not lost though men are so careless of their own good.

I will hope in Thee, my God. My soul will continue to praise Thee who art the cause of all joy to me, Thou the God of my heart.

If sadness return I will remember Thee in this place of exile, and on the little hill, *i.e.*, in my own monastery.

The thought of Thee and of the torrents of Thy grace and mercy—the deep on my side calls to the deep where Thou dwellest, *i.e.*, the depth of my lowliness and nothingness calls to Thee, the depth of all goodness, to have mercy on me.

I know Thou wishest me to be completely immersed beneath the saving waters of Thy grace.

Thou, my Lord, never leavest me without Thy grace in the daytime, meeting my many faults with mercy; in the night Thou always givest me reason to thank Thee.

quoniam transibo
in locum taberna-
culi admirabilis us-
que ad domum Dei.

In voce exulta-
tionis et confes-
sionis sonus epu-
lantis.

Quare tristis es
anima mea? et
quare conturbas
me?

Spera in Deo,
quoniam adhuc
confitebor illi, salu-
tare vultus mei, et
Deus meus.

Ad meipsum ani-
ma mea conturba-
ta est: propterea
memor ero tui de
terra Jordanis et
Hermoniim a mon-
te modico.

Abyssus abyssum
invocat in voce
cataractarum tua-
rum.

Omnia excelsa tua
et fluctus tui super
me transierunt.

In die mandavit
Dominus misericor-
diam suam, et noc-
te canticum ejus.

Apud me oratio
Deo vitæ meæ ;
dicam Deo : Sus-
ceptor meus es ;

Therefore will I be constant in prayer to Thee, the God of my life, the source of all that is good in my life. I will ever look to Thee as my only sure support.

Quare oblitus es
mei ? et quare con-
tristatus incedo,
dum affligit me
inimicus ?

At times Thou dost seem to forget me, and I have sorrow and anxiety whilst the devil assaults me with temptation.

Dum confringun-
tur ossa mea, ex-
probraverunt mihi,
qui tribulant me
inimici mei.

Then all my resolutions seem to be of no avail, and I seem about to yield to the enemies who molest me.

Dum dicunt mihi
per singulos dies :
Ubi est Deus tuus ?
quare tristis es ani-
ma mea, et quare
conturbas me ?

They suggest to me that Thou hast no care of me, but I will no longer be cast down, and I will put away anxiety.

Spera in Deo,
quoniam adhuc
confitebor illi, sa-
lutare vultus mei,
et Deus meus.

Thou, my God, art my hope. I will praise Thee who art my Saviour, my joy, my God !

Judica me, Deus. Ps. 42.

JUDICA me Deus,
et discerne causam
meam de gente non
sancta, ab homine
iniquo et doloso
erue me.

O MY God, be my advocate, and show me how I can stand before Thee, apart from all who do iniquity, who have no regard for sanctity and who are deceitful. Deliver me from those who fail to give Thee Thy due.

Quia tu es Deus
fortitudo mea ;
quare me repu-
listi ? et quare
tristis incedo, dum
affligit me inimi-
cus ?

Thou alone, my God, art the strength on which I can rely. Cast me not away from Thee. O save me from bitterness whilst I suffer temptation.

Emitte lucem tu-
am et veritatem
tuam ipsa me de-
duxerunt et ad-
duxerunt in mon-

Send forth Thy light that I may see, and show me Thy truth that I may know Thy will. It is by Thy power and favour that I have been able to

come to Thy holy hill, into religion,
and to Thy tabernacle where Thou
dost dwell amongst men.

My God, grant that I may not
hesitate, but go boldly in, trusting in
Thee who givest me all the joy of life.

I will praise Thee in the choir, and I
will say to my soul; Why dost thou
give way to sadness and anxiety?

I have Thee, my own good God, to
trust in. I can still praise Thee who
art so bountifully the Saviour of my
joy.

Deus, auribus nostris. Ps. 43.

THE story of Thy mercy and kind-
ness to souls is constantly related
to us, O God.

The work Thou hast done for them
has been always for their good.

Thou didst drive out the enemies
of Thy people; Thou didst give to Thy
people a rich land. This temporal
providence is a sign to me, O Lord,
of Thy care for my spiritual good.

It has never been by human power
alone that Thy people have gained any
territory to dwell in, or preserved it
from attack.

It has ever been by Thy power and
under Thy gracious kindness, because
Thou wast pleased with their obedi-
ence and reliance on Thee.

tem sanctum tu-
um, et in taberna-
cula tua.

Et introibo ad al-
tare Dei, ad De-
um, qui lætificat
juventutem meam.

Confitebor tibi in
cithara Deus, Deus
meus: quare tris-
tis es anima mea,
et quare conturbas
me?

Spera in Deo,
quoniam adhuc
confitebor illi salu-
tare vultus mei, et
Deus meus.

DEUS auribus nos-
tris audivimus, pa-
tres nostri annun-
tiaverunt nobis,

Opus, quod opera-
tus es in diebus
eorum, et in diebus
antiquis.

Manus tua gentes
disperdidit, et plan-
tasti eos: afflixisti
populos et expulisti
eos.

Nec enim in gladio
suo possederunt ter-
ram, et brachium
eorum non salvavit
eos;

Sed dextera tua,
et brachium tuum,
et illuminatio vul-
tus tui; quoniam
complacuisti in eis.

Tu es ipse Rex
meus et Deus meus,
qui mandas salutes
Jacob.

In te inimicos nos-
tros ventilabimus
cornu, et in nomine
tuo spernemus in-
surgentes in nobis.

Non enim in arcu
meo sperabo, et gla-
dius meus non sal-
vabit me.

Salvastis enim nos
de affligentibus nos,
et odientes nos
confudisti.

In Deo laudabi-
mur tota die, et in
nomine tuo confi-
tebimur in sæcu-
lum.

Nunc autem re-
pulisti et confu-
disti nos, et non
egredieris Deus in
virtutibus nostris.

Avertisti nos re-
trorsum post ini-
micos nostros, et
qui oderunt nos,
diripiebant sibi.

Dedisti nos tan-
quam oves esca-
rum, et in gentibus
dispersisti nos.

Vendidisti popu-
lum tuum sine pre-
tium, et non fuit mul-
tudo in commuta-
tionibus eorum.

Posuisti nos op-
probrium vicinis
nostris, subsanna-

I will not forget that Thou art my
King and my God, and that my safety
is from Thee.

All my power against the enemies of
my soul is from Thee. In Thy name
I shall be able to despise the most
powerful spirits who fight against me.

In dealing with temptation, I will
not put my trust in any skill I may
have obtained by past experience.
I will trust in nothing that is mine.

In Thee alone can I trust when the
enemies of my soul assault me. Thou,
O Lord, wilt reduce them to shame.

All the days of my life my glory is
in Thee, my God. I beseech Thee to
allow me to praise Thee now and
always.

It seems to me at times as if Thou
hadst no care of me, and I am cast
down. Thou seemest to leave me to
myself.

And at once the enemy has power
over me, to drive me where he will,
and to take from me all that Thy
grace has enabled me to win.

I am in danger of perishing utterly,
and of being sent into exile away from
Thee.

There seemed to be nothing gained
to anyone by my loss, as if I could
do nothing for Thee.

It seemed to me that I was a re-
proach to all those who knew me, and

that my fall would make others scoff at goodness.

Worldlings seemed to have a right to revile me, and to warn others from making an attempt to live a good life.

My shame was always before me, and I could not look up because of my confusion.

The voice of reproach was in mine ears, and the sight of my strong enemy cowed me.

Yet, in spite of all my depression, Thou hast allowed me to remember Thee, my God. Thou hast saved me from real evil against Thee.

Thou hast kept my heart from turning wholly to any love but Thine, and my steps from quite forsaking Thy law.

Thou hast allowed me to be humbled in this place of affliction, and to be surrounded with darkness as if I were in danger of death.

If I have forgotten Thee, my God, and failed to call upon Thy name; if I have looked for help from any other source than Thee,

Wilt Thou not make strict inquiry? Thou seest my heart more clearly than I can see it myself.

tionem et derisum his, qui sunt in circuitu nostro.

Posuisti nos in similitudinem gentibus, commotionem capitis in populis.

Tota die verecundia mea contra me est, et confusio faciei meæ cooperuit me.

A voce exprobrantis et obloquentis, a facie inimici et persequentis.

Hæc omnia venerunt super nos, nec obliti sumus te, et inique non egimus in testamento tuo.

Et non recessit retro cor nostrum, et declinasti semitas nostras a via tua.

Quoniam humiliasti nos in loco afflictionis et cooperuit nos umbra mortis.

Si obliti sumus nomen Dei nostri et si expandimus manus nostras ad Deum alienum,

Nonne Deus requirit ista? ipse enim novit abscondita cordis.

Quoniam propter
te mortificamur to-
ta die, æstimati su-
mus sicut oves oc-
cisionis.

Exurge, q u a r e
obdormis Domi-
ne ? exurge et ne
repellas in finem.

Quare faciem tu-
am avertis ; obli-
visceris inopiæ nos-
træ et tribulationis
nostræ ?

Quoniam humili-
ata est in pulvere
anima nostra, con-
glutinator est in
terra venter noster.

Exurge Domine,
adjuva nos, et re-
dime nos propter
nomen tuum.

It is for Thy sake I must endure this trial. It is Thy will that I suffer even the anguish of death.

I implore, Thee, Lord, arise. Be no longer to me as if Thou sleepest, and hast no care of me. In Thy mercy leave me not to despair.

Turn not away Thy face from me, O Lord. Thou knowest my utter need of Thee.

I can do nothing of myself, for I am as one lying prone in fear and weakness.

Come to my aid, O Lord, for Thou alone canst redeem my soul. Come for Thine own Name's sake, sweet Jesus, and help me.

Eructavit cor meum. Ps. 44.

ERUCTAVIT c o r
meum verbum bo-
num : dico ego
opera mea regi.

Lingua mea cala-
mus scribæ, velo-
citer, scribentis.

Speciosus forma
præ filiis homi-
num ; diffusa est
gratia in labiis tuis :
propterea benedixit
te Deus in æter-
num.

HOW can I say a good word while I am telling my own deeds to Thee, my King ? If Thou, O my Lord, wilt consent to act with me, I may have much that is good to tell Thee.

Then shall my lips be like the pen of a wise writer who writeth swiftly, for I shall be able to tell Thee of rapid progress in all virtues.

Thy beauty of soul shall occupy my thoughts, my own good Lord ; and the grace Thou pourest forth, by Thy words so full of comfort, shall bring Thy Father's blessing upon me.

The force of Thy word in my heart shall be as the strength of an excellent sword in the hands of a mighty warrior.

Come into my heart in all Thy beauty; make great progress with my poor soul till it is all Thine.

Bring unto me, O Lord, Thy truth, Thy meekness, and Thy perfection. Take up Thy reign in my heart. Let Thy right hand lead me just where Thou wilt.

May Thy words sink deep into my heart, however severe the change they will make in me. Overcome all that opposes Thy sweet reign within me.

Take up Thy throne in me for ever and ever, and let me walk upright by Thy power.

The perfection to which Thou hast called me, and for which Thou hast loved me, shall be my aim, and the sin Thou hast hated in me shall be my constant regret. Give me of Thine own calm gladness, my God, which in Thy goodness may let me help others.

Let me be as a perfumed garment to Thee, for Thou art clothed with justice and all virtue, that from me also may be spread abroad the sweet odour of Thy life. May my heart be to Thee one of the ivory houses in which Thou mayest delight, and may Thy saints have joy in me for Thy sake.

Place me on Thy right hand with Thy chosen ones, and clothe me with precious graces. Make me able by

Accingere gladio tuo super femur tuum, Potentissime.

Specie tua et pulchritudine tua intendens, prospere procede et regna.

Propter veritatem et mansuetudinem et justitiam, et deducet te mirabiliter dextera tua.

Sagittæ tuæ acutæ populi sub te cadent, in corda inimicorum regis.

Sedes tua Deus in sæculum sæculi : virga directionis, virga regni tui.

Dilexisti justitiam et odisti iniquitatem, propterea unxit te Deus, Deus tuus, oleo lætitiæ præ consortibus tuis.

Myrrha et gutta et casia a vestimentis tuis, a domibus eburneis, ex quibus delectaverunt te filiæ regum in honore tuo.

Astitit regina a dextris tuis in ves-

titu deaurato, circumdata varietate.

Audi filia et vide, et inclina aurem tuam : et obliviscere populum tuum et domum patris tui.

Et concupiscet Rex decorem tuum ; quoniam ipse est Dominus Deus tuus, et adorabunt eum.

Et filiæ Tyri in muneribus vultum tuum deprecabuntur omnes divites plebis.

Omnis gloria ejus filiæ Regis ab intus, in fimbriis aureis circumamicta varietatibus.

Adducentur Regi virgines post eam ; proximæ ejus afferentur tibi.

Afferentur in lætitia et exultatione : adducentur in templum Regis.

Pro patribus tuis nati sunt tibi filii : constitues eos principes super omnem terram.

Memores erunt nominis tui in omni generatione et generationem.

Propterea populi confitebuntur tibi

these graces to adapt myself to all Thou mayest ask of me.

Help me to listen to Thee attentively that I may know plainly what is Thy holy will. Thou, dear Lord, hast called me to leave my father's house and mine own people that I may belong wholly to Thee.

What dost Thou desire in me, O Lord? Is it not Thine own beauty? Adorn me with Thyself. Thou art the Lord God whom all adore.

The saints whom Thou hast blessed with the riches of all virtue entreat Thee to be kind to me.

Let my glory be the inner glory of a clean and perfect heart. If it be Thy will give to me the golden fringes of spiritual riches that I may help other souls on their way to Thee, our King.

I will take nothing to myself of what Thou allowest me to do ; I will return all to Thee, O Lord.

With gladness and rejoicing may I be able by Thy grace to bring others into Thy Temple ;

And instead of what I have left in the world, enable me to bring those who will follow Thee in holiness.

Grant that all who are drawn to Thee may ever live in Thy presence and bless Thy holy name.

May they with me be ever mindful of Thee, O Lord, in this life, that we

may praise Thee for all eternity in Heaven.

in æternum, et in sæculum sæculi.

Deus noster refugium. Ps. 45.

O MY God, Thou art my refuge and my strength. Many things in which I have taken refuge have been to me a source of weakness, but on Thee I can always rely, and in all my troubles I can fly to Thee.

Therefore, I will not fear though all the strength in which I have hitherto rested shall be removed.

Though the waters, *i.e.*, the forces which seek to ruin my soul, shall make a great noise, and the very mountains be shaken, I will not fear.

For Thou, the Most High, wilt leave to me the streams of the river of Thy grace which will make my soul glad. Thou, dear Lord, hast deigned to live in our midst, and hast allowed me to make mine own soul Thy tabernacle.

Whilst Thou, my God, art with me, and I am united to Thee in love, I shall not be moved. Thou wilt help me at break of day.

They who serve Thee not shall be disturbed and shall make attempts to deprive me of my peace, but Thy voice in my heart will keep me constant, and take from me the danger as it arises.

For Thou, the Lord of hosts, art with me, and art ever ready to help me in the Most Blessed Sacrament.

DEUS noster, refugium et virtus : adjutor in tribulationibus, quæ invenerunt nos nimis:

Propterea non timebimus, dum turbabitur terra, et transferentur montes in cor maris.

Sonuerunt et turbatae sunt aquae eorum : conturbati sunt montes in fortitudine ejus.

Fluminis impetus lætificat civitatem Dei : sanctificavit tabernaculum suum Altissimus.

Deus in medio ejus, non commovebitur : adjuvabit eam Deus mane diluculo.

Conturbatae sunt gentes, et inclinata sunt regna : dedit vocem suam, mota est terra.

Dominus virtutum nobiscum : susceptor noster Deus Jacob.

Venite et videte
opera Domini ; quæ
posuit prodigia su-
per terram : aufer-
ens bella usque ad
finem terræ.

Arcum conteret et
confringet arma, et
scuta comburet ig-
ni.

Vacate et videte,
quoniam ego sum
Deus : exaltabor in
gentibus et exalta-
bor in terra.

Dominus virtutum
nobiscum : suscep-
tor noster Deus Ja-
cob.

Let those who doubt our security
remember all Thou hast done for Thy
faithful people in past time. At Thy
first coming didst Thou not, O Lord,
make the whole earth to be at peace ?

Thou, O Almighty God, canst take
away and destroy everything which
might be used against me.

Therefore, will I be still and see that
Thou art my God, ever ready to help
me. I will exalt Thee and praise
Thee, my good God, before all men.

Thou dwellest with me to protect me.
Thou art my helper, and in Thee will
I trust, my own good God.

Omnes gentes, plaudite. Ps. 46.

OMNES gentes,
plaudite manibus ;
jubilare Deo in voce
exultationis.

Quoniam Dominus
excelsus, terribilis :
Rex magnus super
omnem terram.

Subjecit populos
nobis, et gentes
sub pedibus nos-
tris.

Elegit nobis hæ-
reditatem suam ;
speciem Jacob,
quam dilexit.

Ascendit Deus in
jubilo, et Dominus
in voce tubæ.

Psallite Deo nos-
tro, psallite : psal-
lite Regi nostro,
psallite.

WHEN I stand before Thee in choir,
O my God, let all the earth
rejoice with me.

For Thou art the Most High Lord
and very much to be revered.
Thou art the King of the whole earth.

Thou hast allowed me to overcome
the evil spirits, and to despise their
power.

Thou hast chosen me for Thine
inheritance, and Thou lovest the
beauty with which Thou art willing
to adorn my soul.

Thou, my Lord, hast ascended on
high that Thou mightest prepare a
place for me.

I will not weary of singing Thy
praises, O God my King.

Thou canst compel all the earth to praise Thee, but Thou lovest the praise of a willing servant who sings to Thee from an understanding heart.

O Thou who canst rule over all nations, come and rule over me, and make Thy throne in my heart.

Make my heart humble as Thine, that I be not proud in Thy presence as are the princes of the earth.

Magnus Dominus. Ps. 47.

THOU art great, O Lord, and most worthy of all the praise I can give to Thee in the Church and on the holy hill of religious life.

Thy Church was founded in the joy of all the angels, and for the joy of Thy faithful people. It is capable of bringing joy to all who will come to see Thy glory in it. The great glory of Thy Church is in the religious Orders on the north side, *i.e.*, in the cold and severe air of mortification and self-restraint.

Thou, my God, art capable of being known more thoroughly in these Thy houses, for Thou dost especially take under Thy protection all who become members of these homes of Thy love.

The powers of earth have gathered together to attack Thy Church and Thy religious Orders.

But when they have seen how wonderfully Thou hast provided for Thy Church they have often hesitated

Quoniam Rex omnis terræ Deus ; psallite sapienter.

Regnabit Deus super gentes : Deus sedet super sedem sanctam suam.

Principes populorum congregati sunt cum Deo Abraham ; quoniam dii fortes terræ vehementer elevati sunt.

MAGNUS Dominus et laudabilis nimis : in civitate Dei nostri, in monte sancto ejus.

Fundatur exultatione universæ terræ mons Sion : latera Aquilonis, civitas Regis magni.

Deus in domibus ejus cognoscetur, cum suscipiet eam.

Quoniam ecce reges terræ congregati sunt : convenerunt in unum.

Ipsi videntes sic admirati sunt ; conturbati sunt, com-

moti sunt : tremor apprehendit eos.

Ibi dolores ut parturientis : in spiritu vehementi conteres naves Tharsis.

Sicut audivimus, sic vidimus in civitate Domini virtutum ; in civitate Dei nostri : Deus fundavit eam in æternum.

Suscepimus, Deus, misericordiam tuam in medio templi tui.

Secundum nomen tuum Deus, sic et laus tua in fines terræ : justitia plena est dextera tua

Lætetur mons Sion, et exultent filiæ Judæ, propter judicia tua Domine.

Circumdate Sion et complectimini eam : narrate in turribus ejus.

Ponite corda vestra in virtute ejus : et distribuite domos ejus, ut enarretis in progenie altera.

to attack it, for they have feared Thine anger.

Fear has come upon them suddenly and intensely as the pains of a woman in labour, or as a sudden storm may strike a ship on the sea.

This has been the history of the Church and also of the religious Orders. The powers of evil have attacked them, but fear has come upon these Thine enemies, O God, for they have recognised sooner or later that they are attacking Thy city, O Lord of hosts ! Thy Church continues whilst the earthly powers fail and will fail.

Thou hast shown mercy to us, O God, by securing to us Thy Divine presence in the tabernacle.

Thus Thy Name is in honour over the whole earth, that from every place our praise may go up to Thee. May the perfection of the religious life be fully given and be spread abroad, and more perfectly practised by the power and protection of Thy kind right hand.

Therefore, I will rejoice in Thy Church ; and the smaller cities of Judæ, the religious communities, will rejoice, seeing and esteeming Thy merciful judgments.

I will try to understand all the protection Thou hast provided for us.

The true strength of Thy House, O God, is Thy grace, and the houses the soul is invited to visit and consider are Thy homes in the religious Orders. I will appreciate them and speak to others of Thy great works.

For thus, O God, is Thy greatness and glory made manifest to my soul, and the appreciation is begun here which is to last for ever and ever in heaven.

Audite hæc, omnes gentes. Ps. 48.

THE psalmist asks all to listen to him.

Base and noble, rich and poor, may well listen, for the matter of the psalm concerns all.

The psalmist is confident of the wisdom of his lesson.

He sings after much meditation
This is the burden of his song ;

I will not be sad in the time of adversity, even when I seem to be surrounded with difficulty so that I can take no step without danger of sin.

They that encompass me vainly trust in themselves, and rely on their earthly riches.

Death cometh, and no one can escape it. No riches of earth will buy a life from Thee, O God.

The price of a soul is not estimated in money, even if men might heap up riches to themselves till the end of time.

Quoniam hic est Deus, Deus noster in æternum et in sæculum sæculi ipse reget nos in sæcula.

AUDITE hæc, omnes gentes : auribus percipite omnes, qui habitatis orbem :

Quique terrigenæ et filii hominum, simul in unum dives et pauper.

Os meum loquatur sapientiam ; et meditatio cordis mei prudentiam.

Inclinabo in parabolam aurem meam : aperiam in psalterio propositionem meam.

Cur timebo in die mala ? iniquitas calcanei mei circumdabit me.

Qui confidunt in virtute sua : et in multitudine divitarum suarum gloriantur.

Frater non redimit, redimet homo : non dabit Deo placationem suam.

Et pretium redemptionis animæ suæ : et laborabit in æternum, et vivet adhuc in finem.

Non videbit interitum, cum videbit sapientes morientes : simul insipiens et stultus peribunt.

Et relinquent alienis divitias suas : et sepulchra eorum domus illorum in æternum.

Tabernacula eorum in progenie et progenie : vocaverunt nomina sua in terris suis.

Et homo, cum in honore esset, non intellexit ; comparatus est jumentis insipientibus : et similis factus est illis.

Hæc via illorum scandalum ipsis : et postea in ore suo complacebunt.

Sicut oves in inferno positi sunt : mors depascet eos.

Et dominabuntur eorum justi in matutino : et auxilium eorum veterascet in inferno a gloria eorum.

Verumtamen Deus redimet animam meam de manu inferi ; cum acceperit me.

Ne timueris, cum dives factus fuerit

Can anyone doubt that he shall die when all see both the wise and the fool suffering death ?

They will have to leave all their riches to others, and all that shall be theirs even in name will be their graves.

For a time they behaved as if they were to live for ever. They have put their names on lands which others will enjoy.

The foolish rich did not give a thought to the truth, and are as unthinking as the beasts.

Thus they lose what is lasting, and riches become a scandal to them, though during this life they may flatter themselves with vain words.

They who so foolishly trust in riches shall be most certainly punished in the next life when death has consumed them.

In the awakening into the next life the poor who have trusted in Thee, O God, shall be in honour, but the vain trust of the wicked shall vanish.

But if I place all my trust in Thee, my God, Thou wilt preserve me from such a fate and graciously receive me.

I will not be disturbed at the riches



of Thine enemies, nor at the honour the world shows to them.

For death will strip them of riches and honour.

They may be thought happy in this life, but it is a happiness which will not last ; and their praise of Thee is worthless since they praise Thee only in times of prosperity.

They shall join the crowd who despise Thee here, and are in eternal darkness hereafter.

I will think nothing, then, of the honour of the world or of its riches, for they make man no better than the beasts who know Thee not, my God, nor have any regard for Thee.

Deus deorum. Ps. 49.

THOU, Lord, the one true God, hast said by Thy prophets that all the inhabitants of the earth shall stand before Thee to be judged.

From the beginning of the world till the end of time this fact is before the minds of men. Thy glory shall be seen in Sion when Thou comest to judge.

Thou wilt come manifestly. Thou wilt no longer keep silence.

All the forces of nature will add their part to Thy Majesty, and will strike fear into all.

homo ; et cum multiplicata fuerit gloria domus ejus.

Quoniam, cum interierit, non sumet omnia ; neque descendet cum eo gloria ejus.

Quia anima ejus in vita ipsius benedicetur : confitebitur tibi, cum benefeceris ei.

Introibit usque in progenies patrum suorum : et usque in æternum non videbit lumen.

Homo, cum in honore esset, non intellexit, comparatus est jumentis insipientibus, et similis factus est illis.

DEUS deorum Dominus locutus est, et vocavit terram.

A solis ortu usque ad occasum, ex Sion species decoris ejus.

Deus manifeste veniet, Deus noster, et non silebit.

Ignis in conspectu ejus exardescet, et in circuitu ejus tempestas valida.

Advocabit cœlum
desursum ; et ter-
ram discernere po-
pulum suum.

Congregate illi
sanctos ejus, qui
ordinant testamen-
tum ejus super
sacrificia.

Et annuntiabunt
cœli justitiam ejus ;
quoniam Deus ju-
dex est.

Audi populus me-
us, et loquar : Is-
rael, et testificabor
tibi : Deus Deus
tuus ego sum.

Non in sacrificiis
tuis arguam te,
holocausta autem
tua in conspectu
meo sunt semper.

Non accipiam de
domo tua vitulos,
neque de gregibus
tuis hircos.

Quoniam meæ
sunt omnes feræ
silvarum, jumenta
in montibus et
boves.

Cognovi omnia
volatilia cœli, et
pulchritudo a gr i
mecum est.

Si esuriero, non
dicam tibi ; meus
est enim orbis terræ
et plenitudo ejus.

Numquid mandu-
cabo carnes tuaro-
rum ? aut sangui-
nem hircorum po-
tabo ?

Thou shalt call the souls now in
heaven, joined again to their risen
bodies, and those who are not yet
released from earth, to be present
before Thee.

All Thy saints will be there who have
suffered for Thee during this life.

And all the choirs of angels shall be
ready to make known and to execute
Thy judgment, O God.

O God my God, Thou criest to us
all to hear Thee, and to remember the
judgment to come.

Thou wilt not then reproach me for
the sufferings I have borne for Thee,
and the whole-hearted service I have
given Thee Thou wilt not forget.

There shall be no more sacrifices of
material things,

For Thou, O Lord, canst do as Thou
wishest with all these things.

All that I value on earth is Thine.

I can give Thee nothing that is not
already Thine.

Thou hast no need of anything that
I can offer Thee.

Thou willest that I give Thee the sacrifice of praise, O my God, and that I keep faithfully the promises I have made to Thee, whether in Baptism or in holy religion.

I will call to Thee in the day of trouble, and I will glorify Thee, for Thou wilt deliver me.

But with the sinner who has no regard for Thee, O God, Thou wilt be most severe, even when he is preaching Thy laws and reminding others of Thy promises.

Thou wilt expose the deceit whereby he tries to hide his utter disregard of Thy will under the pious words he gives forth.

Thou wilt then recall the disregard of Thee in the life of the sinner. He sees an injustice which he could prevent, but instead he tries to get some gain to himself, and he condones very grievous sin which he should reprobate.

He is very careless in his speech and deceitful in word.

He is fond of uncharitable talk, forgetting the brotherhood of all men. Then Thou shalt tell the sinner that whilst Thou didst see all these things Thou wast silent, leaving him to himself, because he had no recourse to Thee for help. Dear Lord, do not be silent when Thou seest me about to sin against Thee. Correct and punish me now and not at the last judgment.

Immola Deo sacrificium laudis, et redde Altissimo vota tua.

Et invoca me in die tribulationis : eruam te et honorificabis me.

Peccatori autem dixit Deus : Quare tu enarras justitias meas ? et assumis testamentum meum per os tuum ?

Tu vero odisti disciplinam, et projecisti sermones meos retrorsum.

Si videbas furem, currebas cum eo, et cum adulteris portionem tuam ponebas.

Os tuum abundavit malitia, et lingua tua concinabat dolos.

Sedens adversus fratrem tuum loquebaris, et adversus filium matris tuæ ponebas scandalum ; hæc fecisti et tacui.

Existimasti inique quod ero tui similis : arguam te et statuam contra faciem tuam.

Intelligite hæc, qui obliviscimini Deum ; nequando rapiat, et non sit qui eripiat.

Sacrificium laudis honorificabit me : et illic iter, quo ostendam illi salutare Dei.

MISERERE me i
Deus, secundum
magnam miseri-
cordiam tuam.

Et secundum multitudinem miserationum tuarum, dele iniquitatem meam.

Amplius lava me ab iniquitate mea, et a peccato meo munda me.

Quoniam iniquitatem meam ego cognosco, et pec-

The sinner acts as if Thou wert, as he is, not displeased with evil ; now he shall find his mistake, for Thou wilt set his sins plainly before his eyes.

Grant, O my God, that I may bear these things in mind, and not forget Thee lest Thou snatch me away and no one can deliver me.

Thou wilt have mercy if I give Thee the praise of a good and careful life. Thou wilt give me salvation, and I shall enjoy Thy kind presence for ever.

Miserere. Ps. 50.

HAVE mercy on me, a sinner, O my God. I have offended Thee so often even since I have been in religion. Thy goodness has been lavishly showered upon me. I call with confidence upon Thy mercy. I shall not be safe till Thou holdest me in the arms of Thy love in Heaven.

I may always look back to my past life and beg of Thee to pardon my sins and frequent infidelities. Continue, O Lord, to blot out both my acknowledged and my forgotten sins. Let no sin of mine stand between me and Thee.

Lord, I shall never be wholly clean in Thy sight ; do not Thou cease cleansing me in holy penance, and in Holy Communion which I receive so frequently pour Thy Precious Blood upon my soul.

I acknowledge, O Lord, that I am a sinner in Thy sight. Give me an abiding sorrow for my sins that I may be worthy of the joy which Thou ever givest to the truly repentant soul. Let

me not forget that I have been unfaithful to Thee in the past, and that I may be unfaithful again if Thou dost not uphold me.

How often have I sinned in Thy sight, O Lord, and sinned wilfully when Thy eye alone was upon me ! Preserve me from ever forgetting Thy presence and profaning Thy kindness again. If Thou wilt, O Lord, punish me now, and if it please Thee grant me grace to justify Thee in any hard treatment of me by confessing my sin to the whole world.

Still, dear Lord, remember my weakness that I am flesh and blood, and that the nature I received was corrupted. Let Thy mercy have compassion on me.

Yet Thy goodness to me, and the numerous graces Thou hast lavished upon me, ought to show me that I have no excuse in the weakness of my nature. For I have known Thee from my youth, and I have known Thee as the most sincere God. Thou hast shown me Thy goodness in ways which I now recognise ; and Thy wise treatment of me in the past prevents me from ever doubting Thy kindness.

Sprinkle me with Thy Blood in the Sacrament of Penance and I shall be cleansed ; wash me in Thy mercy that I may be whiter than snow. Thy infinite mercy has preserved me from dying in my sin.

Give me to know Thy pardon that I may be filled with joy, and my bones

catum meum contra me est semper.

Tibi soli peccavi, et malum coram te feci ; ut justificeris in sermonibus tuis, et vincas cum judicaris.

Ecce enim in iniquitatibus conceptus sum, et in peccatis concepit me mater mea.

Ecce enim veritatem dilexisti : incerta et occulta sapientiæ tuæ manifestasti mihi.

Asperges me hysopo, et mundabor : lavabis me, et super nivem dealabor.

Auditui meo dabis gaudium et lætitiā : et exulta-

bunt ossa humiliata.

Averte faciem tuam a peccatis meis, et omnes iniquitates meas dele.

Cor mundum crea in me Deus, et spiritum rectum innova in visceribus meis.

Ne projicias me a facie tua, et spiritum sanctum tuum ne auferas a me.

Redde mihi lætitiā salutaris tui, et spiritu principali confirma me.

Docebo iniquas vias tuas, et impii ad te convertentur.

Libera me de sanguinibus Deus, Deus salutis meæ ; et exultabit lingua mea justitiā tuam.

Domine labia meaperies, et os meum annuntiabit laudem tuam.

which have deserved nothing but torment shall share in my joy.

Do not Thou, O Lord, look upon my sins any more ; in Thy kindness forget all the evil I have done against Thee.

There is yet time, O Lord, if Thou wilt but work Thy will in me. Help me that I put no obstacle in Thy way. Give me a new heart, O my God, clean and perfect, that with a pure and perfect heart I may serve Thee, and bring back Thy own spirit to my breast, and for the rest of my life may I live by Thy life.

Do not cast me away from Thy loving presence because of my infidelities to Thee, nor allow me to turn myself again to anything but Thee. Let Thy Holy Spirit ever dwell with me.

Give me the joy that comes from perfect trust in the salvation Thou hast purchased for me on the Cross, and restore to my soul the rule it has lost by sin.

Then in Thy mercy I may be able to tell others of Thy goodness, now that Thou hast allowed me to experience it in my own soul.

If by scandal I have caused harm to others do Thou take this sin from my soul, and let not the blood of any lost soul cry out against me, and I will never cease to thank Thee and praise Thy justice.

Lord, open my lips ; and now in the Holy Office let me sing Thy praise.

If there is anything Thou wishest me to sacrifice ask it, Lord, and give me the grace to comply with Thy will.

The sacrifice Thou askest is a spirit filled with sorrow for my sins. A contrite heart and a heart humbled to the dust Thou wilt surely not despise.

In Thy great mercy let not my sins prevent Thee from being good to those who are associated with me in Thy holy city, and in the building up of Thy holy house in the hearts of all.

Dear Lord, let me give Thee freely whatsoever sacrifice Thou so justly askest of me for the rest of my life. Nothing that I can give can ever repay Thee for Thy infinite goodness to me.

Quid gloriaris. Ps. 51.

THE soul addresses the sinner ; Why dost thou continue to take pride in sin, thou that puttest all thy power in iniquity?

All the ingenuity of the sinner is thrown away. The keenness of his devices ends in a lie.

Thou lovest sin more than goodness, and evil words rather than those that are for righteousness.

Thy words take thee down the precipice into eternal ruin, for thy tongue is full of deceit.

There is but one end to all thy sins ; God will destroy thee for ever. He

Quoniam, si voluisses sacrificium, dedissem utique ; holocaustis non delectaberis.

Sacrificium Deo spiritus contribulatus : cor contritum et humiliatum Deus non despicies.

Benigne fac Domine in bona voluntate tua Sion, ut ædificentur muri Jerusalem.

Tunc acceptabis sacrificium justitiæ, oblationes, et holocausta ; tunc imponent super altare tuum vitulos.

Quid gloriaris in malitia, qui potens es in iniquitate ?

Tota die injustitiam cogitavit lingua tua : sicut novacula acuta fecisti dolum.

Dilexisti malitiam super benignitatem ; iniquitatem magis, quam loqui æquitatem.

Dilexisti omnia verba præcipitationis, lingua dolosa.

Propterea Deus destruet te in finem ; evellet te,

et emigrabit te de
tabernaculo tuo ;
et radicem tuam
de terra viventium.

Videbunt justi et
timebunt ; et super
eum ridebunt et
dicent : Ecce ho-
mo, qui non posuit
Deum adiutorem
suum :

Sed speravit in
multitudine divi-
tiarum suarum, et
prævaluit in vani-
tate sua.

Ego autem, sicut
oliva fructifera in
domo Dei : speravi
in misericordia Dei
in æternum, et in
sæculum sæculi.

Confitebor tibi in
sæculum, quia fe-
cisti ; et expectabo
nomen tuum, quo-
niam bonum est
in conspectu san-
ctorum tuorum.

DEUS in nomine
tuo salvum me fac,
et in virtute tua
judica me.

will bring thee suddenly to death and
send thee into eternal exile. There
shall be no trace of thee in the land
of the living.

The only use thou shalt be is as a
warning to the just who shall rever-
ence God, and be moved to laughter at
thy destruction. He shall say ; This
is the man who would not have God
for his helper.

He trusted in money, and grew
more and more vain in his sin.

But the just shall be as a fruitful
olive tree, a joy to God for ever in
heaven. He relies on the mercy of
God, and he shall be safe in that mercy
for ever and ever.

Wherefore, I will praise Thee, O
God, for ever. All that is mine is Thy
gift, and I will hope in Thy name. It
is good to praise Thee in the sight of
the saints.

*The 52nd Psalm is a simple repetition
of the 13th.*

Deus, in nomine tuo. Ps. 53.

SAVE me, O my God, from my dis-
tress, for I call upon Thy holy
Name. I submit myself to Thy judg-
ment, for I know it is tempered by
Thy love for me. Stand by me to
defend me in the judgment, because
I have relied on Thy strength.

Listen to my cry, O my God, and bend down Thine ear to the words I utter.

For those who have rejected Thee and are strangers to Thee attacked me, because I have loved Thee. They that have the strength of the angels have sought my soul to destroy it. They have tried to take me from Thee, O my God; they have hindered me from living in Thy presence.

But I trust in Thee, my God, and look to Thee only for assistance, for Thou art the protector of my soul.

Heap up punishments on these foul enemies of Thine, and let their lying words no longer disturb me.

Because of Thy goodness I will give Thee freely the small sacrifices Thou askest of me. I will join in Thy praise, O Lord, for Thine is the name which is dear to me, and a help in all my difficulties.

For through Thy goodness I have remained constant, and have been able in Thy strength to drive the tempters away from me.

Exaudi, Deus. Ps. 54.

O MY GOD, hear me when I cry to Thee, and turn not away from my petition. Graciously attend to me and hear me.

I am filled with anxiety in my prayer, and am in trouble, for the

Deus exaudi orationem meam auri-
bus percipe verba
oris mei.

Quoniam alieni
insurrexerunt ad-
versum me et
fortes quæsierunt
animam meam et
non proposuerunt
Deum ante con-
spectum suum.

Ecce enim Deus
adjuvat me, et
Dominus suscep-
tor est animæ meæ.

Averte mala ini-
micis meis, et in
veritate tua dis-
perde illos.

Voluntarie sacri-
ficabo tibi, et con-
fitebor nomini tuo
Domine, quoniam
bonum est.

Quoniam ex omni
tribulatione eripu-
isti me, et super
inimicos meos de-
spexit oculus meus.

EXAUDI Deus
orationem meam ;
et ne despexeris
deprecationem me-
am : intende mihi
et exaudi me.

Contristatus sum
in exercitatione
mea ; et contur-

batus sum a voce inimici, et a tribulatione peccatoris.

Quoniam declinaverunt in me iniquitates ; et in ira molesti erant mihi.

Cor meum conturbatum est in me, et formido mortis cecidit super me.

Timor et tremor venerunt super me, et contexerunt me tenebræ.

Et dixi, Quis dabit mihi pennas sicut columbæ et volabo et requiescam ?

Ecce elongavi fugi, et mansi in solitudine

Expectabam eum, qui salvum me fecit a pusillanimitate spiritus et tempestate.

Præcipita Domine, divide linguas eorum : quoniam vidi iniquitatem et contradictionem in civitate.

Die ac nocte circumdabit eam super muros ejus iniquitas ; et labor in medio ejus et injustitia.

enemy will not leave me in peace. The sight of the sinner who will not serve Thee disturbs me.

For both the evil spirits and sinners on the earth keep the sight of sin before my eyes, and when I strive to think of Thee they angrily distract and disturb me.

My heart is filled with fear of sin, and the dread that I may die separated from Thee comes upon me.

I am overcome with fear, for all the future seems dark to me.

Then I cry out ; Who will give me wings like a dove that I may fly and be at rest ?

I long to fly away from all my trouble and anxiety, and bury myself in solitude.

There I could wait for Thee who art my Saviour, for there is no storm or anguish of spirit where Thou art, dear Lord.

Cast down those who molest me ; let them be unable to come together against me. I beg Thy help, O Lord, for I have seen the result of sin and discord, even in Thine own city.

Day and night evil encompasses it, and makes its way even into the midst of the city. Even there may injustice be found.

Hateful sins are found there ; usury and deceit, and men sin openly against Thee.

If it were only mine enemy who reviled me I could have borne it ;

And if only he that hated me had raised his voice against me I might have hidden myself in silence from his fury ;

But now my trouble is from one who is of the same faith, and to whom I had looked as a guide ; one I knew intimately.

We have partaken together of the same Divine Food, and we went on our journey together to Thee, our God.

Treat with these mine enemies, O Lord ; bring these disturbers of my peace to the punishment they deserve.

For there is nothing but evil in their dwellings, and they live with iniquity.

But I have cried unto Thee, O my God, and Thou wilt save me.

In the evening when I go to rest, in the morning when I awake, and in the midst of the work of the day I will cry to Thee for help and Thou wilt hear me.

Thou, dear Lord, wilt bring peace to my soul in spite of all who fight against me, for there are many who try to disturb me.

Et non defecit de plateis ejus usura et dolus.

Quoniam, si inimicus meus male dixisset mihi, sustinuissem utique ;

Et si is, qui oderat me, super me magna locutus fuisset, abscondissem me forsitan ab eo ;

Tu vero homo unanimes, dux meus et notus meus,

Qui simul mecum dulces capiebas cibos, in domo Dei ambulavimus cum consensu.

Veniat mors super illos, et descendant in infernum viventes.

Quoniam nequitiae in habitaculis eorum in medio eorum.

Ego autem ad Deum clamavi, et Dominus salvabit me.

Vespere et mane et meridie narrabo et annuntiabo, et exaudiet vocem meam.

Redimet in pace animam meam ab his, qui appropinquant mihi ; quoniam inter multos erant mecum.

Exaudiet Deus et humiliabit illos, qui est ante sæcula.

Non enim est illis commutatio, et non timuerunt Deum : extendit manum suam in retribuendo.

Contaminaverunt testamentum ejus ; divisi sunt ab ira vultus ejus : et appropinquavit cor illius.

Molliti sunt sermones ejus super oleum, et ipsi sunt jacula.

Jacta super Dominum curam tuam, et ipse te enutriet : non dabit in æternum fluctuationem justo.

Tu vero Deus deduces eos in puteum interitus.

Viri sanguinum et dolosi non dimidiabunt dies suos ; ego autem sperabo in te Domine.

Thou, the Eternal God, wilt humble them.

They make no attempt to improve their lives ; they have no fear of Thee, O God. Thou wilt stretch forth Thy hand to repay their neglect.

They have had no regard to Thy promises to the faithful, therefore Thine anger shall drive them from before Thy face. Still they approach me to corrupt my heart.

Their words seem to be soothing as oil, but they wound the heart like arrows.

But I will put all my trust in Thee, my Lord, and Thou wilt support and nourish my soul. As long as I am faithful Thou wilt not give me over to the waters of trouble for ever.

I can safely leave the enemies of my soul to Thee, my God.

Men of blood, *i.e.*, they who seek to take Thy love from me, and those who try to deceive me, Thou, O Lord, wilt not leave long to annoy me. It is sufficient for me that I put all my trust in Thee.

Miserere mei, Deus. Ps. 55.

MISERERE mei Deus, quoniam conculcavit me homo : tota die impugnans tribulavit me.

HAVE pity on me, O Lord, for my human nature hath crushed me to the earth. It leaves me no peace all the day long.

The desires and incitements of my nature crush me down. There are so many corrupt tendencies that war against my soul.

In the middle of the day I am in fear. There are so many causes of distraction, but I will hope in Thee and thus lessen and drive away my fear.

Through Thy grace, my God, I can make my words praise Thee. I will put my trust in Thee, and will not fear, however my flesh may tease and try to hinder me.

The flesh grows weary of the words with which I praise Thee ; it is ever a hindrance, enticing me to evil.

I cannot escape from this war against my soul as long as I am on the earth, for my flesh dwelleth with me. My body may be quiet at times, but I know it is ready to catch me in my steps to Thee.

As my corrupt body thus lies in wait to catch my soul, be not kind to it, Lord, but give me means to overcome it. As it has led me to sin, do Thou break its power against me.

O my God, I have told Thee the difficulty of my life. Thou hast accepted the tears I have shed for my sins in Thy sight.

As Thou hast promised to hear my prayer, so now let this daily enemy be overcome and put to flight.

Conculcaverunt me
inimici mei tota die:
quoniam multi bel-
lantes adversum
me.

Ab altitudine diei
timebo : ego vero
in te sperabo.

In Deo laudabo
sermones meos, in
Deo speravi : non
timebo quid faciat
mihi caro.

Tota die verba
mea execrabantur :
adversum me om-
nes cogitationes
eorum in malum.

Inhabitabunt et
abscondent : ipsi
calcaneum meum
observabunt.

Sicut sustinuerunt
animam meam, pro
nihilò salvos facies
illos : in ira popu-
los confringes.

Deus vitam meam
annuntiavi tibi :
posuisti lacrymas
meas in conspectu
tuo.

Sicut et in pro-
missione tua, tunc
convertentur ini-
mici mei retror-
sum.

In quacumque die invocavero te, ecce cognovi, quoniam Deus meus es.

In Deo laudabo verbum ; in Domino laudabo sermonem : in Deo speravi, non timebo quid faciat mihi homo.

In me sunt Deus vota tua, quæ redam, laudationes tibi.

Quoniam eripuisti animam meam de morte : et pedes meos de lapsu : ut placeam coram Deo in lumine viventium.

MISERERE mei
Deus, miserere mei ;
quoniam in te confidit anima mea.

Et in umbra alarum tuarum sperabo, donec transeat iniquitas.

Clamabo ad Deum altissimum : Deum, qui benefecit mihi.

Misit de cælo, et liberavit me : dedit

In whatever day I call upon Thee, let me ever remember that Thou art my own good God.

In Thy kindness I will praise Thee with Thine own words. I will praise Thee for Thy kind words to me. I have hoped in Thee ; I will not fear what the flesh can do against my soul.

Thou hast allowed me, O my God, to make my vows to Thee. I would offer myself to Thee as an oblation of praise, and by Thy grace I will keep these my vows.

Thou wilt deliver my soul from the death of sin to which my flesh inclines me, and Thou wilt not allow the allurements of sense to ensnare me. Grant that my service may be pleasing to Thee, my God, and a joy to all the saints who in Thee have true and full life.

Miserere mei, Deus. Ps. 56.

HAVE mercy on me, my Lord God, have mercy on me, for my soul trusteth Thee completely.

I will run to Thee and shelter under Thy wings till the danger has passed.

I will pray to Thee, the Most High God, for Thou hast already done great things for me.

Thou didst send Thy Son, my Redeemer, from heaven. Thou hast

enabled me to despise the enemies who would certainly have crushed all life out of me.

Thou hast in Thy love and mercy sent Thine Only Son to be my help. He is Thy truth, O God. Through the grace He has won for me and by the power of His Passion He has given me the means to deliver my soul from the greatest dangers. Still I must not give myself to sleep.

The young lions are the children of men who strive to bring me to perdition by all the means in their power, especially by words which wound charity.

Do Thou allow my trust in Thee to reach even to heaven, and my appreciation of Thy glory to grow above all that is on the earth.

Mine enemies are ever ready to ensnare me and to keep the thoughts of my soul upon the earth.

They dig a pit for me to fall into as if they were hunting my soul, that I may despair. Let them fall into their own pit.

Make my heart ready to turn to Thee at once in any danger, O my God ; let me sing a psalm to Thy glory and mercy.

Arise, then, my soul. Take up the means of praise, of prayer and fidelity. Let me be ready for Thy work, O Lord.

I will give praise to Thee among mine own people. I will sing a psalm to Thee for the whole world.

in opprobrium conculcantes me.

Misit Deus misericordiam suam et veritatem suam, et eripuit animam meam de medio catulorum leonum, dormivi conturbatus.

Filii hominum dentes eorum arma et sagittæ, et lingua eorum gladius acutus.

Exaltare super cœlos Deus, et in omnem terram gloria tua.

Laqueum paraverunt pedibus meis ; et incurnaverunt animam meam.

Foderunt ante faciem meam foveam, et inciderunt in eam.

Paratum cor meum, Deus, paratum cor meum : cantabo et psallum dicam.

Exurge gloria mea, exurge psalterium et cithara : exurgam diluculo.

Confitebor tibi in populis Domine, et psallum dicam tibi in gentibus.

Quoniam magnificata est usque ad cœlos misericordia tua, et usque ad nubes veritas tua.

Exaltare super cœlos Deus, et super omnem terram gloria tua.

Thy mercy whereby Thou didst send Thy Son to redeem us, and the constancy of Thy truth to us are worthy of all the praise I can give Thee.

May Thy power, O God, be exalted above the heavens, and Thy glory over the whole earth.

Si vere utique. Ps. 57.

Si vere utique justitiam loquimini, recta judicate filii hominum.

WHEN souls honestly begin to seek perfection, then it becomes necessary to correct the judgments they so easily make concerning their neighbours.

Etenim in corde iniquitates operamini : in terra injustitias manus vestræ concinnant.

The fact that we are sinful ourselves leads us to forge injustice, *i.e.*, to be hard and uncharitable in our judgment of others.

Alienati sunt peccatores a vulva, erraverunt ab utero, locuti sunt falsa.

The wicked are opposed to the good from their first entrance into the world. They err in their rash judgments as soon as they begin to live a life of sin. They do not hesitate to tell lies and repeat them.

Furor illis secundum similitudinem serpentis ; sicut aspidis surdæ et obdurantis aures suas.

A madness like the poison of a serpent seems to be theirs, and like a serpent they hiss at all who come near them. Like deaf adders they will hear no explanation.

Quæ non exaudiet vocem incantantium ; et venefici incantantis sapienter.

They will not listen to the voice of the ministers of God who strive to take away their uncharitable views, nor to the voice of our Lord who is ever inculcating the love of our neighbour.

Deus conteret dentes eorum in ore ipsorum : molas leonum confringet Dominus.

Thou, O Lord, wilt break the teeth of these slanderers who seek to destroy love on the earth.

All their talk shall come to nothing and be as water running away and of no use. Thine arrows which are Thy strong words will show up the falseness of their talk till no one believes it, and they are of no account.

Like wax which is melted they shall be of no avail. The fire of Thy wrath shall fall upon the uncharitable, because they have not looked to Thee, the Sun of goodness and kindness.

Sooner than the thorns are kindled from the softer wood in the fire, Thou wilt take them away in Thine anger.

The just shall be glad when he sees Thy vengeance on these evil doers. He shall take warning from their destruction.

And all who pass shall be able to see that Thou givest lasting fruit on the earth to the just man, and in the end Thou, O God, makest right all the unjust judgment of men.

Eripe me. Ps. 58.

O MY God, deliver me from mine enemies the evil spirits, and defend me from those evil impulses which arise within me.

Deliver me from those who are confirmed in iniquity, from myself and all my passions which urge me to sin.

For they have tried to take my soul prisoner; these that are so powerful have rushed in upon me.

Ad nihilum devenient tanquam aqua decurrens : intendit arcum suum, donec infirmantur.

Sicut cera, quæ fluit, auferentur ; supercecidit ignis, et non viderunt solem.

Priusquam intellexerent spinæ vestræ rhamnum, sicut viventes, sic in ira absorbet eos.

Lætabitur justus, cum viderit vindictam : manus suas lavabit in sanguine peccatoris.

Et dicet homo : Si utique est fructus justo, utique est Deus judicans eos in terra.

ERIPÉ me de inimicis meis Deus meus, et ab insurgentibus in me libera me.

Eripe me de operantibus iniquitatem, et de viris sanguinum **salva** me.

Quia ecce ceperunt animam meam ; irruerunt in me fortes.

Neque iniquitas mea, neque peccatum meum Domine : sine iniquitate cucurri et direxi.

Exurge in occursum meum et vide, et tu Domine Deus virtutum, Deus Israel.

Intende ad visitandas omnes gentes : non miserearis omnibus, qui operantur iniquitatem.

Convertentur ad vesperam, et famem patientur ut canes, et circuibunt civitatem.

Ecce loquentur in ore suo, et gladius in labiis eorum : quoniam quis audivit ?

Et tu Domine deridebis eos ; ad nihilum deduces omnes gentes.

Fortitudinem meam ad te custodiam ; quia Deus susceptor meus es ; Deus meus, misericordia ejus præveniet me.

Deus ostendet mihi super inimicos meos, ne occidas eos : nequando obliviscantur populi mei.

By Thy grace, O Lord, I have not submitted to them, and I hope to remain steadfast in my obedience to Thee.

In Thy mercy rise up and come to meet me, O my God, and see that I long to be faithful. Thy power will be able to overcome all mine enemies.

Visit them in Thy wrath and crush these my enemies.

Let them come upon me in the evening, and let them have no satisfaction. Make them powerless to enter my soul and overcome my good resolutions.

They speak as if it were mere words, but these words wound my heart, for they cast a doubt on Thy fidelity to me.

But Thou, my Lord, showest me that I may despise their temptations. Thou art able to overcome all the forces of evil.

O God my God, give me grace to rely on Thee for my strength. Thou alone art my sure Protector. In Thy mercy Thou wilt come to mine aid before I fall.

Thou wilt allow me to rise above all these enemies of my soul. I do not ask Thee, Lord, to let them cease from tempting me lest I forget that my safety is in my reliance on Thee.

Yet I beg Thee to scatter them so that their combined attack may not overwhelm me. Make their attacks of no avail, O Lord my Protector !

Let me see the pride of the devils which is found in every insinuation they make to me.

Make plain to me the hatred they have for Thee, my good God, and the deceit they whisper to me. In Thine anger bring them down and make an end of them.

Then shall all know that Thou art our King.

If they return in the evening let them have no satisfaction in me. Let them not enter my soul to overcome my resolutions.

Let them go elsewhere for their food, and let them murmur because Thou wilt not let them harm me.

I will sing of Thy strength by which Thou gainest for me the victory, and I will praise Thy mercy in the morning.

For Thou art my support and my refuge in the day of my trouble.

Unto Thee, my Helper, will I sing, for Thou art my refuge, my God, my merciful Saviour.

Disperge illos in virtute tua, et depone eos protector meus Domine.

Delictum oris eorum, sermonem labiorum ipsorum : et comprehendantur in superbia sua.

Et de execratione et mendacio annuntiabuntur in consummatione : in ira consummationis, et non erunt.

Et scient, quia Deus dominabitur Jacob, et finium terræ.

Convertentur ad vesperam, et faciem patientur ut canes, et circuibunt civitatem.

Ipsi dispergentur ad manducandum : si vero non fuerint saturati, et murmurabunt.

Ego autem cantabo fortitudinem tuam, et exultabo mane misericordiam tuam.

Quia factus es susceptor meus, et refugium meum in die tribulationis meæ.

Adjutor meus tibi psallam : quia Deus susceptor meus es : Deus meus misericordia mea.

Deus, repulisti nos. Ps. 59.

DEUS repulisti nos,
et destruxisti nos :
iratus es, et mis-
ertus es nobis.

Commovisti ter-
ram, et conturbasti
eam : sana contri-
tiones ejus, quia
commota est.

Ostendisti populo
tuo dura ; potasti
nos vino compunc-
tionis.

Dedisti metuenti-
bus te significatio-
nem, ut fugiant a
facie arcus.

Ut liberentur di-
lecti tui : saluum
fac dextera tua, et
exaudi me.

Deus locutus est
in sancto suo :
Lætabor et parti-
bor Sichimam, et
convallem taberna-
culorum metibor.

Meus est Galaad,
et meus est Manas-
ses, et Ephraim for-
titudo capitis mei.

O LORD my God, Thou hast cast me away from Thee, and reduced me to nothing by the sadness into which Thou hast allowed me to fall. Thou hast been angry with me in the past, but Thou didst have mercy on me.

Thou hast allowed the earth to quake and totter ; do Thou close the fissures that I may stand on solid ground.

Thou hast shown me Thy will which I find hard to follow. Thou hast brought sorrow on my soul.

To those who fear Thee Thou hast shown a sign that they fly from the attack of the evil spirits. O my Lord, Thou hast let me see that my safety is in flight. .

That I may remain Thy beloved, *i.e.*, remain and grow in grace, do Thou save me with Thy right hand and hear my prayer for safety.

Thou speakest to me O God, in the holy place—the choir, the sanctuary, from the tabernacle, telling me that Thou wouldst have me rejoice that Thou wilt do according to Thy will with all that is mine ; and measure out the vale of tabernacles, *i.e.*, the ground on which Thine army is encamped, even mine own soul.

Thine is the whole land, and Thou canst use what Thou wilt for a defence.

Thou dost choose Thy ruler where
Thou wilt, and dost bring hope to us
from most unlikely circumstances.

Thou wilt go to the confines of
Thine enemy and make him subject to
Thy will.

If I desire great victory over my
enemies, who shall help me?

Wilt not Thou, my God, though I
deserve only to be cast off? Thou
wilt go with me into battle.

Help me, Lord, for no man can be of
any assistance to me.

In Thy strength I shall be able to
act with might, and Thou wilt bring
to nought them that afflict me.

Exaudi, Deus. Ps. 60.

GIVE ear to my cry, O Lord, and
listen attentively to my prayer.

I am far from Thee, my God, but I
will cry to Thee in my sadness. Thou
hast taught me to fly to the only safe
refuge, Thine own Son, Jesus. He is
the Rock to whom I have recourse ;
He will lift me out of my troubles.

Lead me where Thou wilt, for I put
my whole trust in Thee. Thou art a
tower of strength against all who seek
to rob my soul of peace and joy.

Juda rex meus ;
Moab olla spei
meæ.

In Idumæam ex-
tendam calceamen-
tum meum ; mihi
alienigenæ subditi
sunt.

Quis deducet me
in civitatem muni-
tam ? quis deducet
me usque in Idu-
mæam ?

Nonne tu Deus,
qui repulisti nos :
et non egredieris
Deus in virtutibus
nostris ?

Da nobis auxili-
um de tribula-
tione, quia vana
salus hominis.

In Deo faciemus
virtutem, et ipse
ad nihilum deducet
tribulantes nos.

EXAUDI Deus de-
precationem me-
am : intende ora-
tioni meæ.

A finibus terræ ad
te clamavi : dum
anxiaretur cor me-
um, in petra exal-
tasti me.

Deduxisti me,
quia factus es spes
mea : turris forti-
tudinis a facie ini-
mici.

Inhabitabo in tabernaculo tuo in sæcula : protegar in velamento alarum tuarum.

Quoniam tu Deus meus exaudisti orationem meam : dedisti hæreditatem timentibus nomen tuum.

Dies super dies regis adjicies ; annos ejus usque in diem generationis et generationis.

Permanet in æternum in conspectu Dei : misericordiam et veritatem ejus quis requiret ?

Sic psalmum dicam nomini tuo in sæculum sæculi, ut reddam vota mea de die in diem.

NONNE Deo subjecta erit anima mea ? ab ipso enim salutare meum.

Nam et ipse Deus meus, et salutaris meus ; susceptor meus, non movebor amplius.

Quousque irruitis in hominem ? interfecitis universos : tanquam parieti inclinato et maceriæ depulsæ ?

I will dwell with Thee, Lord, in the chamber Thou hast chosen in my heart. Thou wilt protect me under the covert of Thy wings.

For Thou hast often heard me, and hast been very good to me. O God, Thou hast promised me Thine own inheritance if I remain faithful unto Thee.

Thou wilt in Thy mercy grant me length of days sufficient to draw close to Thee, that death itself shall not separate me from Thee, my own good God.

Let my soul abide always in Thy presence. I will rest on Thy mercy and truth, *i.e.*, the faithfulness of Thy loving care, for they are far beyond all that I can imagine.

I will sing to Thee, O Lord, for ever. I will renew my vows to Thee daily that I also may be faithful.

Nonne Dec. Ps. 61.

SHALL not my soul be willingly subject to Thee, my God ? for from Thee is my salvation. Grant that I may use the grace Thou givest me.

Thou art my God, my Saviour, my Protector. As long as I trust in Thee I shall not be moved.

How long will they who fight against me use violence ? If I stood alone they might speedily destroy me as a wall that is not upright, and a fence that is broken.

They have tried to rob me of the value of my effort. They have forced me to fly from their fierce attack. They have offered me blessings and comfort, but were all the time cursing me.

In the time of trial may my soul be lovingly subject to Thee, my God, for Thou wilt grant me Thine own patience.

For Thou art my God, my Saviour, my helper. Whilst I hope in Thee I shall not be moved.

In Thee is my safety and my honour. Thou art the God of my help. My hope is in Thee.

May every soul trust in Thee and pour out their hearts before Thee, for Thou art our helper for ever.

The children of men are of no account; they do not deal honestly. They unite together to deceive me.

Sin will be of no benefit to me, nor unjust possessions profit me. Even riches that have come to me justly have no claim on the trust of my heart.

Two things I have heard as Thy word, O my God; All power is from Thee and belongs to Thee, and mercy

Verumtamen pretium meum cogitaverunt repellere; cucurri in siti: ore suo benedicebant, et corde suo maledicebant.

Verumtamen Deo subjecta esto anima mea, quoniam ab ipso patientia mea.

Quia ipse Deus meus et salvator meus; adjutor meus, non emigrabo.

In Deo salutare meum et gloria mea: Deus auxilii mei, et spes mea in Deo est.

Sperate in eo omnis congregatio populi; effundite coram illo corda vestra: Deus adjutor noster in æternum.

Verumtamen vani filii hominum; mendaces filii hominum in stateris, ut decipiant ipsi de vanitate in idipsum.

Nolite sperare in iniquitate, et rapinas nolite concupiscere: divitiæ si affluent, nolite cor apponere.

Semel locutus est Deus, duo hæc audivi; quia potestas Dei est, et tibi Domine misericor-

dia, quia tu reddes
unicuique juxta
opera sua.

DEUS, Deus meus,
ad te de luce vigilo.

Sitivit in te anima
mea : quam multi-
pliciter tibi caro
mea.

In terra deserta
et invia et inaquo-
sa : sic in sancto
apparui tibi, ut vi-
derem virtutem tu-
am et gloriam tu-
am.

Quoniam melior
est misericordia
tua super vitas :
labia mea lauda-
bunt te.

Sic benedicam te
in vita mea : et in
nomine tuo levabo
manus meas.

Sicut adipe et
pinguedine replea-
tur anima mea : et
labiis exultationis
laudabit os meum.

Si memor fui tui
super stratum me-
um, in matutinis
meditabor in te :
quia fuisti adjutor
meus.

is Thine, O Lord, for Thou wilt render
to every man according to his works.

Deus, Deus meus. Ps. 62.

MY God, I will watch for Thee, be
on the alert for Thee in the
early morning.

My soul, tired of vanity, has thirsted
for Thee, and my weary flesh has
longed for Thee in so many ways.

For without Thee my life is a desert
in which I can see no way nor find any
cool waters. But here in choir with
Thee I wish to see Thy power, and
learn to walk in the light of Thy glory,
i.e., in the light of everlasting life.

Thy mercy to me is better than all
the joys of life ; therefore, now that I
have Thee I will praise Thee with my
lips.

Thou hast granted me the right to
praise Thee, and hast called me to a
life in which I can constantly praise
Thy name, and offer all the work of
my hands in Thy name.

Fill my soul with good things that
I may know how to praise Thee.

If I remember Thee when I lie down
to sleep Thou wilt in Thy mercy give
me the grace to keep my mind fixed on
Thee when I wake. Help me yet more,
O Lord. If Thou hadst not been my
protector in the past to what depths
had I not sunk ? Help me yet more,
for I am very weak.

I will shelter under Thy wings, and be happy there in the grace Thou hast given me to be close to Thee. Let me cling to Thee, Lord, that I may learn how to follow Thee. Thy right hand has lifted me up. Take full possession of me, for only with Thee am I safe.

The evil spirits who try to distract me shall go to their own place. Thou, O Lord, hast overcome them by Thy holy cross. Thou hast rendered their power of no avail against me so long as I cling to Thee.

Thou hast made me to be king over all these enemies, and I will rejoice in Thee, my God. I will try to seek no joy but in Thee. I beg of Thee to let me persevere though evil tongues speak against me.

Exaudi, Deus, orationem. Ps. 63.

HEAR me, O my God, when I call to Thee for help. Guard my soul lest I stand in fear of the evil one, and have no courage to repel his attacks.

Thou hast protected me in the past from the conspiracy of the evil spirits and from those who work iniquity on the earth.

They have tried to catch my soul by saying bitter things against those who strive to lead a good life. They have tried to ruin the character of those whom I knew to be blameless.

They have acted deceitfully, making insinuations against the motives of the

Et in velamento
alarum tuarum ex-
ultabo ; adhæsit
anima mea post
te, me suscepit
dextera tua.

Ipsi vero in va-
num quæsierunt a-
nimam meam ;
introibunt in in-
feriora terræ : tra-
dentur in manus
gladii, partes vul-
pium erunt.

Rex vero lætabi-
tur in Deo ; lauda-
buntur omnes, qui
jurant in eo : quia
obstructum est os
loquentium iniqua.

EXAUDI Deus
orationem meam,
cum deprecor : a
timore inimici eripe
animam meam.

Protexisti me a
conventu malig-
nantium ; a multi-
tudine operantium
iniquitatem.

Quia exaceruerunt
ut gladium linguas
suas ; intenderunt
arcum rem ama-
ram ; ut sagittent
in occultis imma-
culatum.

Subito sagitta-
bunt eum, et non

timebunt : firma-
verunt sibi sermo-
nem nequam.

Narraverunt, ut
absconderent la-
queos : dixerunt,
Quis videbit eos ?

Scrutati sunt in-
iquitates : defece-
runt scrutantes
scrutinio.

Accedet homo ad
cor altum : et ex-
altabitur Deus.

Sagittæ parvulo-
rum factæ sunt
plagæ eorum : et
infirmatæ sunt con-
tra eos linguæ eo-
rum.

Conturbati sunt
omnes, qui vide-
bant eos : et timu-
it omnis homo.

Et annuntiave-
runt opera Dei :
et facta ejus in-
tellexerunt.

Lætabitur justus
in Domino, et spe-
rabit in eo : et
laudabuntur omnes
recti corde.

TE decet hymnus
Deus in Sion, et
tibi reddetur vo-
tum in Jerusalem.

innocent, exaggerating small faults
until they appeared grievous.

They have cast doubts on those who
strive to serve Thee. They have
hinted that Thou hadst no care of Thy
faithful servants.

They have taken great pains to find
evil in the lives of Thy saints, but by
Thy grace they have failed.

They have gained only a proud, hard
heart, but Thou, our God, art exalted
in the end.

Thou dost use the weak ones of this
world to confound the strong. Let not
the reports of these Thine enemies do
harm to those who serve Thee faithfully.

In the last day all shall be terrified
at the sight of the punishment which
will come upon these evil doers, and
all men shall see that Thou alone art
to be feared.

Then shall all declare Thy works, O
my God, and in the light of Thy
countenance they shall understand
what Thou hast done in the souls
of Thy saints.

The just shall rejoice in Thee and
hope in Thee, O Lord. Grant that I
may stand in that day with the up-
right of heart, and that I may receive
with them Thy praise which alone is
worth striving for.

Te decet hymnus. Ps. 64.

I HAVE been chosen by Thee, my God,
to render Thee that praise which
all should give to Thee. By my vows
I have devoted myself to Thy service.

Hear my prayer, O Lord, for Thou hast made me so that my whole being is drawn to Thee.

Of myself I am not worthy to praise Thee, for my words are those of a poor sinner; but I trust in Thy power, because Thou hast called me and hast pardoned my sins. Thou wilt not look upon my weakness, but upon the merits of Thy Son who joins in my prayer.

Blessed art Thou, my Lord, for Thou hast chosen me and taken me from my sinful life that I may dwell with Thee and do Thy work.

Thou hast filled me with many graces to enable me to do the work of Thy house. Thou hast chosen my heart for Thy temple. Make it fit for Thee in all holiness. The path of perfection is too difficult for me to walk therein alone. Do Thou help me in Thine own strength, O Lord.

Hear me, O God my Saviour. Thou who art my hope, help me to recall and fix my wandering thoughts on Thee.

Thine Almighty power has done great things in the past. Thou hast made the earth according to Thy will, raising up the hills to approach Thee, and compelling the sea to be still.

In like manner Thou hast overcome nations of unruly men by Thy manifest power. Thou delightest in the praise we give Thee morning and evening for all Thy goodness.

Exaudi oratione
meam : ad te om-
nis caro veniet.

Verba iniquorum
prævaluerunt super
nos : et impietatib-
us nostris tu pro-
pitaberis.

Beatus, quem ele-
gisti et assumpsisti;
inhabitabit in atriis
tuis.

Replebimur in bo-
nis domus tuæ :
sanctum est tem-
plum tuum, mir-
abile in æquitate.

Exaudi nos Deus
salutaris noster
spes omnium fini-
um terræ et in mari
longe.

Præparans montes
in virtute tua, ac-
cinctus potentia ;
qui conturbas pro-
fundum maris, so-
num fluctuum ejus.

Turbabuntur gen-
tes, et timebunt,
qui habitant ter-
minos a signis tuis :
exitus matutini, et
vespere delectabis.

Visitasti terram et
inebriasti eam :
multiplicasti locu-
pletare eam.

Flumen Dei re-
pletum est aquis ;
parasti cibum illo-
rum : quoniam ita
est præparatio ejus.

Rivos ejus inebria,
multiplica geni-
mina ejus ; in stilli-
cidiis ejus lætabitur
germinans.

Benedices coronæ
anni benignitatis
tuæ : et campi tui
replebuntur uber-
tate.

Pinguescent spe-
ciosa deserti : et
exultatione colles
accingentur.

Induti sunt arie-
tes ovium, et valles
abundabunt fru-
mento : clamabunt,
etenim hymnum
dicent.

JUBILATE Deo
omnis terra ; psal-
mum dicite nomini
ejus : date gloriam
laudi ejus.

Thou hast not left the world alone
to its own forces, but in Thy great
kindness Thou Thyself didst come to
us, and didst make us to overflow with
the riches of Thy grace.

The holy Sacraments, Thy rivers of
grace, are ever full of living water, and
the food Thou hast prepared for me is
Thine own Precious Body and Blood.

Continue, O Lord, to be bountiful to
me, and fill still more the rivers of
Thy grace. In Thy goodness apply
them still more plentifully to my soul.
As in a gentle shower let Thy grace
make fruitful the every day actions
of my life.

Let each year be more full of Thy
benefits, and widen my heart that it
may be able to contain them.

Let the waste places in my life be
rendered fruitful, and my heart be
ever filled with joy. Let the quiet
places of the earth be made beautiful
in Thy sight by the cloisters estab-
lished in Thine honour, and may the
hills be girt about with Thy praises.

May all Thy gifts be returned to
Thee by my praises and thanksgiving.
How good Thou art to allow me to
serve Thee and offer Thee thanks for
the whole world !

Jubilate Deo. Ps. 65.

I WILL sing joyfully to Thee, O God,
with all the earth. I will praise
Thee in psalmody, and glorify Thy
holy Name.

How great are Thy works, O Lord !
Thy strike me with fear. Thy strength
is so great that Thine enemies cringe
before Thee.

Let the whole earth adore Thee and
sing psalms to Thy holy Name.

I will come and consider Thy works,
O God. Great fear and reverence are
due to Thee because of Thy govern-
ment of men.

Thou canst turn the sea into dry
land, as in the Red Sea, and Thou
canst hold up the rivers as Thou didst
the Jordan. When I hear of Thy
power it maketh my heart glad.

By Thy power Thou rulest for ever
and dost consider the nations of the
earth. Let not those who provoke
Thee hold up their heads in defiance
of Thee.

May all nations bless Thee and make
Thy praise resound throughout the
earth.

Let them bless Thee, O Lord, for
Thy kindness to me, giving me a
continued life in which to serve Thee,
and a steadfastness in Thy service.

Thou, my God, hast proved my
desire to serve Thee. Thou hast tried
me by fire as silver is tried and refined.

Dicite Deo, quam
terribilia sunt opera
tua Domine : in
multitudine virtutis
tuæ mentientur tibi
inimici tui.

Omnis terra ad-
oret te, et psallat
tibi : psalmum di-
cat nomini tuo.

Venite et videte
opera Dei : terri-
bilis in consiliis
super filios homi-
num.

Qui convertit
mare in aridam ;
in flumine pertran-
sibunt pede : ibi
lætabimur in ipso.

Qui dominatur in
virtute sua in æter-
num ; oculi ejus
super gentes respi-
ciunt : qui exas-
perant, non exal-
tentur in semetip-
sis.

Benedicite, gen-
tes, Deum nos-
trum, et auditam
facite vocem laudis
ejus.

Qui posuit ani-
mam meam ad
vitam : et non de-
dit in commotio-
nem pedes meos.

Quoniam probasti
nos Deus : igne nos
examinasti, sicut
examinatur argen-
tum.

Induxisti nos in laqueum ; posuisti tribulationes in dorso nostro ; imposuisti homines super capita nostra.

Transivimus per ignem et aquam : et eduxisti nos in refrigerium.

Introibo in domum tuam in holocaustis : reddam tibi vota mea, quæ distinxerunt labia mea.

Et locutum est os meum in tribulatione mea.

Holocausta medullata offeram tibi cum incenso arietum : offeram tibi boves cum hircis.

Venite, audite et narrabo, omnes qui timetis Deum, quanta fecit animæ meæ.

Ad ipsum ore meo clamavi, et exaltavi sub lingua mea.

Iniquitatem si aspexi in corde meo, non exaudiet Dominus.

Propterea exaudivit Deus, et attendit voci deprecationis meæ.

Thou hast allowed the evil spirits to lay snares for me. Thou hast laid on me many burdens, and put me under the dominion of my fellow men.

I have been subjected to all kinds of dangers, but Thou hast brought me into peace and rest in the life Thou allowest me to lead for Thee.

Therefore, to repay Thee for all Thy kindness I will go into Thy house with my offerings, my promises which I have deliberately made to Thee.

I spoke to Thee when I was in trouble, casting myself upon Thee.

Grant, dear Lord, that I may refuse Thee nothing Thou askest me to offer Thee.

I will invite all that fear Thee to come and hear what great things Thou hast done for my poor soul.

I prayed to Thee that Thou wouldst help me, and I offered Thee my praise.

I would not wilfully allow evil thoughts to remain in my mind or Thou wouldst not have listened to my prayer.

Therefore, my good God, Thou didst hear me and didst grant my prayer.

Blessed be Thou, my Lord and my God, who didst not turn away from my petition, nor stint Thy mercy to me.

Deus misereatur. Ps. 66.

HAVE mercy on me, O God, and bless me; shed the light of Thine own kind Face upon me, and have mercy on me.

In that light I shall see Thy way. Oh! would that I did quite clearly know Thy ways and how Thou wouldst have me to walk! I can know Thy ways by keeping before me Thy salvation, *i.e.*, the salvation Thou didst work for me in the life of Thy Son, and in the example of Thy saints, and in Thy work in my own community.

The prayer of my soul shall be that all nations may give glory and thanks to Thee, O God. Love of Thee implies the desire that Thou shouldst be loved by all. This shall be my zeal for Thee.

Joy of heart is Thy gift, O God. Thou most justly judgest all hearts, seeing the good that is in them, and guiding them according to Thy Divine will, though for the most part they neglect Thee. Thy hand is over the whole earth, and I must pray that Thy divine influence may be felt in all hearts.

Thus, at the very beginning of the day, I am reminded of the real end of the Divine Office—to confess Thy glory and goodness throughout the whole Church, but especially Thy goodness to me.

Benedictus Deus ;
qui non amovit ora-
tionem meam, et
misericordiam su-
am a me.

DEUS miseratur
nostri, et benedicat
nobis : illuminet
vultum suum super
nos, et misereatur
nostri.

Ut cognoscamus in
terra viam tuam ;
in omnibus genti-
bus salutare tuum.

Confiteantur tibi
populi Deus : con-
fiteantur tibi populi
omnes.

Lætentur et exul-
tent gentes ; quo-
niam judicas popu-
los in æquitate :
et gentes in terra
dirigis.

Confiteantur tibi
populi Deus : con-
fiteantur tibi po-
puli omnes : terra
dedit fructum
suum.

Benedicat nos
Deus, Deus nos-
ter, benedicat nos
Deus : et metuant
eum omnes fines
terræ.

O my God, bless me and be good to me, that the earthiness in me may be terrified and shrink out of sight, leaving only Thyself and my soul. Bless me, and may my soul praise Thee for the whole Church and for myself for ever. Graciously grant that the earth that I am may bear for Thee the fruit of virtue and sanctity, and thus glorify Thee for ever.

Exurgat Deus. Ps. 67.

EXURGAT Deus et
dissipentur inimici
ejus : et fugiant,
qui oderunt eum,
a facie ejus.

Sicut deficit fu-
mus, deficient : si-
cut fluit cera a facie
ignis, sic pereant
peccatores a facie
Dei.

Et justi epulentur
et exultent in con-
spectu Dei : et de-
lectentur in lætitia.

Cantate Deo, psal-
mum dicite nomini
ejus ; iter facite ei,
qui ascendit super
occasum : Dominus
nomen illi.

Exultate in con-
spectu ejus : tur-
babuntur a facie
ejus, patris orpha-
norum et judicis
viduarum.

ARISE, O God, in Thy might and put Thine enemies to flight ; let them that hate Thee fly in fear from before Thy face.

As smoke is driven away by the wind till it is not seen, let them vanish ; as wax melts before the fire, so let Thine enemies perish, O God.

Grant that those who love Thy justice may feast before Thee and delight in the contemplation of Thy greatness.

I will sing to Thee, my God ; I will sing a psalm to Thy Name. I will make a way for Thee who comest in Thy glory from the west (*i.e.*, out of Egypt), for Thou art my Lord.

Let the just rejoice before Thee, but let the wicked be troubled at Thy presence. Thou art worthy of all praise, for Thou art the protector and the Father of orphans. Thou art the just judge of widows, and none that are in distress shall fear to come to Thee.

Thou art our God, and Thou dost dwell in our midst in Thy holy tabernacle. Thou hast deigned to allow me to live in Thy company.

In Thy might Thou didst release us who are Thy brethren, for in past time we were bound by Satan. But those that will not serve Thee and become Thy familiar friends, Thou makest as if they were in the grave.

O God, when Thou didst manifestly lead Thy chosen people through the desert,

Thou didst show Thy power over all nature. The earth quaked, and the heavens bowed down to the earth in rain and hail when Thou gavest the Law on Mount Sinai.

Thou dost send a bountiful rain of grace upon those who are Thine inheritance. Thy people were weak but Thy grace has led them to perfection.

All riches from Thy hand shall find a place in Thine inheritance, for in Thy kindness Thou hast provided for us who would be so poor without Thee.

Thou dost also provide us with the preaching of the truth in Thine own power.

This Thy power is shown most splendidly in the love Thou givest to Thy chosen ones. They who are clothed by Thee with virtues shall divide the spoils of Thy victories, O Thou King of power.

Deus in loco sancto suo : Deus, qui inhabitare facit unius moris in domo.

Qui educit vinc-tos in fortitudine ; similiter eos, qui exasperant, qui habitant in sepulchris.

Deus cum egrederis in conspectu populi tui : cum pertransires in deserto :

Terra mota est, etenim cœli distillaverunt a facie Dei Sinai, a facie Dei Israel.

Pluviam voluntariam segregabis, Deus, hæreditati tuæ ; et infirmata est, tu vero perfecisti eam.

Animalia tua habitabunt in ea : parasti in dulcedine tua pauperi, Deus.

Dominus dabit verbum evangelizantibus virtute multa.

Rex virtutum dilecti dilecti : et speciei domus dividere spolia.

Si dormiatis inter medios cleros, pennæ columbæ de-argentatæ : et posteriora dorsi ejus in pallore auri.

Dum discernit cœlestis reges super eam, nive dealbabitur in Selmon : mons Dei, mons pinguis.

Mons coagulatus, mons pinguis : ut quid suspicamini montes coagulatos ?

Mons in quo beneplacitum est Deo habitare in eo : etenim Dominus habitabit in finem.

Currus Dei decem millibus multiplex, millia lætantium : Dominus in eis in Sina in sancto.

Ascendisti in altum, cepisti captivitatem : accepisti dona in hominibus.

When Thou dwellest in the midst of Thy faithful people who receive their inheritance by lot, Thou shalt be to us like a gentle dove of most beautiful plumage, assuring us that to Thee belong all beauty and riches. Thy bride, the Church, shall be Thy dove Thy beautiful one, and she shall speak in Thy name.

When Thou who dwellest in heaven shalt exercise Thy right to judge in Thy Church, which is not only Thy dove, Thy beautiful one, but also Thy city, Thy faithful ones shall be as splendid as new fallen snow on the mountains. Thy mountain is a mountain clothed with blessings.

Thy Church, O Lord, shall be a most fruitful mountain on which many flocks may feed. Why then do men seek other mountains when all that the soul requires may be found here ?

For this, O God, is the mount in which Thou art pleased to dwell, and where Thou shalt dwell for ever.

The chariot of thy triumph in which Thou, O Lord, dost lead the souls of men captive by Thy love, shall be followed by countless multitudes of most willing and joyful captives, for Thou art in the midst of them in Thy Church and in Thy tabernacle.

Thou hast ascended to heaven after Thy victory to find a place for Thy captives, and to bring down the gifts of grace won by Thy Passion and Death.

Thou hast not forgotten even those who believe not in Thee, for Thy presence on the earth, O Lord God, is a blessing also to them.

Etenim non credentes inhabitare Dominum Deum.

Division of Ps. 67 in Benedictine Breviary.

BE Thou blessed, O Lord, day by day, and be Thou exalted without end. Thou art the God of our salvation who makest our life prosperous in the riches which last for ever.

BENEDICTUS Dominus die quotidie : prosperum iter faciet nobis Deus salutarium nostrorum.

Thou bringest us the means of safety, for Thou art the Lord of life and death, giving us a safe passage even through the gates of death.

Deus noster, Deus salvos faciendi : et Domini Domini exitus mortis.

Thou givest us the means to overcome all the enemies of our soul, and Thou wilt bring down the pride of all who walk in sin.

Verumtamen Deus confringet capita inimicorum suorum : verticem capilli perambulantium in delictis suis.

Even if the enemy be encamped in a high mountain of Basan, Thou wilt put him to flight and cast him into the sea.

Dixit Dominus ; Ex Basan convertam, convertam in profundum maris :

Thou, O God, wilt give the faithful soul the complete victory, as complete as if all its enemies were slain in battle so that the whole ground was red with their blood and the dogs could drink of it.

Ut intingatur pes tuus in sanguine : lingua canum tuorum ex inimicis ab ipso.

The whole earth has acknowledged Thine entrance amongst us, the entrance of Thee, our God, the eternal King who now dwellest in Thy tabernacle.

Viderunt ingressus tuos Deus : ingressus Dei mei, Regis mei, qui est in sancto.

Prævenērunt
principes conjuncti
psallentibus in me-
dio juvenularum
tympanistriarum.

In ecclesiis bene-
dicite Deo Domi-
no, de fontibus Is-
rael.

Ibi Benjamin ado-
lescentulus in men-
tis excessu.

Principes J u d a ,
duces eorum : prin-
cipes Zabulon, prin-
cipes Nephthali.

Manda Deus vir-
tuti tuæ : confirma
hoc, Deus, quod
operatus es in nobis.

A templo tuo in
Jerusalem, tibi of-
ferent reges mu-
nera.

Increpa feras
arundinis, congreg-
atio taurorum in
vaccis populorum :
ut excludant eos,
qui probati sunt
argento.

Dissipa gentes,
quæ bella volunt ;
venient legati ex
Ægypto : Æthio-
pia præveniet ma-
nus ejus Deo.

Regna terræ can-
tate Deo : psallite
Domino.

All classes sing to Thee. Kings and
princes, gentle virgins and strong
young men.

I will then bless Thee, O Lord God,
for the wonderful foundation of Thy
Church.

There is the beloved Son beside
Himself with joy,

And the chosen princes of the
families of Israel.

Do Thou, O God, give command to
Thy great grace, and make constant
the hearts Thou hast chosen.

Accept the offerings which kings
bring to Thee for Thy temple and the
adornment of Thy tabernacle.

Do Thou keep in check mine enemies
that lie in wait, and those that meet
my soul openly. They strive by all
means in their power to keep Thy
chosen ones from coming to Thee with
pure and refined hearts.

Scatter the nations that delight in
war, but send to Thy Church many
from all nations. Grant that all may
stretch out their hands to Thee, O
God.

I will sing to Thee, my God, and all
the kingdoms of the earth will sing
Thy praise.

I will sing to Thee ascending in Thy glory as the sun rising in his splendour.

Thou, O Lord, wilt call in a voice which all hearts can hear. For my part, I will give Thee all the glory I can for the Church, because of Thy great beauty and strength in the heavens.

Thou art most wonderful in Thy saints. The power Thou wilt give to Thy people is the power of holiness. Blessed be Thou, my own good God.

Salvum me fac, Deus. Ps. 68.

SAVE me, O my merciful God, for the bitter waters of desolation have entered my soul.

I stick fast and can make no progress to Thee, for my feet are held by the slime of my former habits.

Moreover, I am as if in deep waters, and the waves raised by the evil one well nigh overwhelm me.

Nothing seems to come of my prayers, and my voice refuses to utter any sound. Mine eyes, opened in expectation of Thy coming to my relief, are grown weary.

The evil spirits who hate me, because they hate Thee, my Lord, are more numerous than the hairs of my head. They give me no rest.

They have taken courage. They maliciously accuse me of sins I have not committed, and I have had to pay a price for what I never had.

Psallite Deo, qui ascendit super cœlum cœli, ad orientem.

Ecce dabit vocis suæ vocem virtutis ; date gloriam Deo super Israel ; magnificentia ejus et virtus ejus in nubibus.

Mirabilis Deus in sanctis suis ; Deus Israel ipse dabit virtutem et fortitudinem plebi suæ : benedictus Deus.

SALVUM me fac Deus ; quoniam intraverunt aquæ usque ad animam meam.

Infixus sum in limo profundi : et non est substantia.

Veni in altitudinem maris, et tempestas demersit me.

Laboravi clamans, raucæ factæ sunt fauces meæ : defecerunt oculi mei, dum spero in Deum meum.

Multiplicati sunt super capillos capitis mei, qui oderunt me gratis.

Confortati sunt, qui persecuti sunt me, inimici mei injuste : quæ non rapui, tunc exolvebam.

Deus tu scis insipientiam meam :
et delicta mea a te
non sunt abscondita.

Non erubescant in me,
qui expectant te Domine ;
Domine virtutum.

Non confundantur super me,
qui quærunt te Deus Israel.

Quoniam propter te sustinui opprobrium :
operuit confusio faciem meam.

Extraneus factus sum fratribus meis ;
et peregrinus filiis matris meæ.

Quoniam zelus domus tuæ comedit me :
et opprobria exprobrantium tibi
cecidērunt super me.

Et operui in jejuniō animam meam :
et factum est in opprobrium mihi.

Et posui vestimentum meum cilicium :
et factus sum illis in parabolam.

O God, Thou knowest my folly. All my sins are known to Thee.

Let not those who really seek Thee be ashamed and turned back because of my distress, O Lord of hosts.

Grant that others who are trying to come to Thee may not be disheartened through me, *i.e.*, if Thou wilt not relieve me for my own sake, send me consolation lest others be cast down on my account.

It is because I was striving to be faithful to Thee, Lord, that all this reproach has come upon me.

When I resolved to follow Thy call to live closer to Thee, my brethren also have treated me as if I were a stranger ; and the children of my own mother, good members of the Church, have made me feel as if I were not of their family.

For the zeal of Thy house hath consumed me, and they that reproached Thee have turned the self-same reproaches on to me.

Then I tried to live only to Thee by a mortified life, and I was jeered at.

I wore hair-cloth and tried to cast from me all bodily comforts, and I became a by-word to them.

None spared me, neither the serious elders who sat to judge the people, nor the young libertines.

But I address my prayer to Thee, O Lord. Hear me in Thine own good time.

In the infinity of Thy mercy hear Thou me in fidelity to Thy promises.

Draw me out of the mire of my bad habits which still clog my feet. Deliver me from the evil spirits who hate my soul, and from the deep waters of desolation which surge about me.

Let neither tempest nor deep nor any pit swallow me up.

Division of Ps. 68 in Benedictine Breviary.

LISTEN to my prayer, O Lord, for Thou art kind. In Thy tender mercy look upon me with Thine eyes of pity.

Turn not away Thy face from Thy child, for I am in trouble. O come to me quickly.

Bend down to my soul and snatch it from danger. Save me, for mine enemies are strong against me.

Adversum me loquebantur, qui sedebant in porta : et in me psallebant, qui bibebant vinum.

Ego vero orationem meam ad te Domine : tempus beneplaciti Deus.

In multitudine misericordiæ tuæ exaudi me ; in veritate salutis tuæ.

Eripe me de luto, ut non infigar : libera me ab iis, qui oderunt me, et de profundis aquarum.

Non me demergat tempestas aquæ ; neque absorbeat me profundum : neque urgeat super me puteus os suum.

EXAUDI me Domine, quoniam benigna est misericordia tua : secundum multitudinem miserationum tuarum respice in me.

Et ne avertas faciem tuam a puero tuo : quoniam tribulor, velociter exaudi me.

Intende animæ meæ, et libera eam : propter inimicos meos eripe me.

Tu scis improprium meum, et confusionem meam, et reverentiam meam.

In conspectu tuo sunt omnes qui tribulant me : improprium expectavit cor meum et miseriam.

Et sustinui qui simul contristaretur, et non fuit ; et qui consolaretur, et non inveni.

Et dederunt in escam meam fel : et in siti mea potaverunt me aceto.

Fiat mensa eorum coram ipsis in laqueum, et in retributiones, et in scandalum.

Obscurentur oculi eorum, ne videant : et dorsum eorum semper incurva.

Effunde super eos iram tuam : et furor iræ tuæ comprehendat eos.

Fiat habitatio eorum deserta : et in tabernaculis eorum non sit qui inhabitet.

Thou knowest, O Lord, how easily Thou canst reproach me and confuse me because of my sins. Thou knowest my dishonour because of my repeated sins against Thee.

Still Thou seest that the evil spirits who disturb me are Thy confirmed enemies. Thy Divine Son Himself when in desolation on the Cross cried out—"My heart hath looked for reproach and misery."

"I looked for one who would grieve with me, but there was none, and for one who would comfort me, and I found him not.

And they gave me gall for My food, and in My thirst they gave Me vinegar to drink." By the desolation of Thy Divine Son on the Cross support me now, O my God, and let me not lose heart altogether.

I cry to Thee to turn Thy wrath against mine enemies. Let their table at which they devise evils against me be a snare to them so that their designs may fail.

May their eyes be darkened that they see not to torment me, and may their back be bent that they cannot look up to molest me.

Pour out Thine indignation upon them, and may the vehemence of Thy wrath take hold of them.

Let their home be as a desert with no comfort, and their dwelling without any fellowship.

For they have persecuted Thine own Son when Thou didst strike Him for our sins, and they made His wounds most grievous. So now they assail me and make the wounds I have inflicted on my soul by sin to fester and be a constant annoyance to me.

Add to their iniquity its full reward, and let them have no justice in Thy sight.

Let them be blotted out of the book of the living, and let them not be even mentioned among the just.

But I am poor and sorrowful, O my God ; I rest wholly on the salvation Thou offerest me.

I will praise Thy name with a song of thanks. I will strive to grow in Thy knowledge that I may praise Thee more fully.

My striving to know Thee and love Thee, my good God, shall be better than the choicest burnt-offering.

Let me, poor in mine own eyes, be able to see and understand Thee that I may have joy in Thee. I will seek Thee, Lord, that my soul may have full life.

For Thou hast heard the cry of the poor, and they that are in captivity Thou hast not despised.

Let all nature praise Thee, my King and my God.

Quoniam quem tu percussisti, persecuti sunt : et super dolorem vulnerum meorum addiderunt.

Appone iniquitatem super iniquitatem eorum : et non intrent in justitiam tuam.

Deleantur de libro viventium, et cum justis non scribantur.

Ego sum pauper et dolens : salus tua Deus suscepit me.

Laudabo nomen Dei cum cantico : et magnificabo eum in laude.

Et placebit Deo super vitulum novellum, cornua producentem et ungulas.

Videant pauperes et lætentur : quærite Deum et vivet anima vestra.

Quoniam exaudivit pauperes Dominus ; et vinctos suos non despexit.

Laudent illum cœli et terra ; mare et omnia reptilia in eis.

Quoniam Deus
salvam faciet Sion ;
et ædificabuntur ci-
vitates Juda.

Et inhabitabunt
ibi : et hæreditate
acquirent eam.

Et semen servo-
rum ejus possidebit
eam : et qui dili-
gunt nomen ejus,
habitabunt in ea.

For Thou wilt save Thine own be-
loved Church, and the smaller cities of
Juda, the religious Orders, shall
flourish.

They shall live in Thy grace, and it
shall become an inheritance to them.

The seed of Thy servants shall pos-
sess Thy grace, and they that love Thy
holy Name shall dwell in Thee for ever.

*The 69th Psalm is a repetition of part
of the 39th.*

In Te, Domine. Ps. 70.

IN te Domine
speravi, non con-
fundar in æter-
num : in justitia
tua libera me et
eripe me.

Inclina ad me
aurem tuam, et sal-
va me.

Esto mihi in De-
um protectorem, et
in locum munitum :
ut salvum me fa-
cias.

Quoniam firmam-
entum meum ; et
refugium meum es
tu.

Deus meus eripe
me de manu pec-
catoris : et de
manu contra legem
agentis, et iniqui.

Quoniam tu es
patientia mea Do-

IN Thee, O Lord, have I hoped. Let
not my trust in Thee be in vain.
Deliver me in Thy justice, *i.e.*, because
of the love of Thy justice, from de-
pression which will rob me of hope, and
do Thou rescue me from all sadness.

Bend down Thine ear to my prayer
and save me from the dangers that
threaten me.

Be to me a merciful God in whom I
may have confidence, my Protector to
defend me, my Fortress to which I
can fly for safety.

Thou alone art my support and my
refuge, my own good God !

Deliver me from evil example and
from the company of those who serve
Thee not. Save me, O God, from those
who oppress the poor.

Thou, O Lord, art the sole object of
my desire for whom I have waited and

longed. Thou art my hope from my youth.

Since my birth Thou hast protected me and been my support.

I will never cease to praise Thee, O God. Thou art still my helper, though my past life has made men wonder that Thou hast regard to me.

Let not only my mouth but my whole being be filled with praise of Thee, my good God, that I may give glory to Thee and extol Thy greatness all the day.

Be Thou constant to me even unto old age when my natural strength will fail me. Do not Thou forsake me.

For mine enemies have plotted against me, and they who for hatred of Thee have been on the watch to rob me of Thy grace, have taken the strong counsel of the fallen angels how they may overcome me.

At times they have said and put into my mind that Thou hadst forsaken me because of my sins and frequent negligences. They have said to each other, Pursue him now and take him, for there is no one to deliver him.

O my God, be not far from me; make haste to help me, Lord.

Let these adversaries of my soul be confounded, and let their designs come

mine : Domine spes mea a juventute mea.

In te confirmatus sum ex utero : de ventre matris meæ tu es protector meus.

In te cantatio mea semper ; tanquam prodigium factus sum multis : et tu adjutor fortis.

Repleatur os meum laude, ut cantem gloriam tuam : tota die magnitudinem tuam.

Ne projicias me in tempore senectutis : cum defecerit virtus mea, ne derelinquas me.

Quia dixerunt inimici mei mihi : et qui custodiebant animam meam, consilium fecerunt in unum :

Dicentes, Deus dereliquit eum ; persequimini et comprehendite eum : quia non est qui eripiat.

Deus ne elongeris a me : Deus meus, in auxilium meum respice.

Confundantur et deficiant detrahentes animæ meæ ;

operiantur confusione et pudore, qui quærunť mala mihi.

Ego autem semper sperabo : et adjiciam super omnem laudem tuam.

Os meum annuntiabit justitiam tuam : tota die salutare tuum.

Quoniam non cognovi litteraturam, introibo in potentias Domini : Domine memorabor justitiæ tuæ solius.

Deus, docuisti me a juventute mea : et usque nunc pronuntiabo mirabilia tua.

Et usque in senectam et senium, Deus, ne derelinquas me.

Donec annuntiem brachium tuum generationi omni, quæ ventura est :

Potentiam tuam et justitiam tuam, Deus, usque in altissima, quæ fecisti magnalia : Deus quis similis tibi ?

to nought. May they be covered with shame and confusion at their failure.

But I will always hope in Thee, my God. I will join my voice to all who praise Thee.

My mouth shall recount Thy perfections and the salvation Thou hast offered to me all the day long.

Though I am unlearned in the knowledge of Thy perfections and infinite attributes, yet I will speak of Thy great power. I will be ever mindful of Thine eternal justice which is Thine alone, and which urges Thee to have mercy on me, because I am so weak.

Thou, O God, hast been my teacher from my youth, allowing me to be brought up in the faith of Thy holy Church. As long as I live I will declare what I know of all Thy works. I will thank Thee in my prayer for Thine infinite goodness to me, my own good God.

In mine old age forsake me not. Keep me under Thy kind protection even till my grey hairs.

Give me time that I may declare to all whom I may meet,

Thy power, Thy justice, and the greatest favours Thou hast shown to me. Who is like unto Thee, my God, the God of my heart ?

Thou hast indeed brought great troubles and trials upon me, and then graciously changing them, Thou hast brought me back to Thee from the troubles of earth.

Thy kindness and mercy in comforting me have been beyond all other manifestations of Thy power.

I will praise Thee, O God, in whatever way Thou allowest me, Thou the Holy One of Israel !

I will strive to be joyful in my praise of Thee, and my soul which Thou, dear Lord, hast bought with Thy Most Precious Blood shall also give itself to joy.

Yea, and my tongue shall speak of Thy perfection all the day, for they who seek to do me evil are confounded and brought to shame.

Deus, judicium tuum. Ps. 71.

GRANT to me, O Lord, that I may judge with Thy judgment, and that I may live in the perfection taught me by Thy Son.

That I may make my judgment of Thy people in union with Thy kind judgment, seeing always the good, and that I may not be moved to be hard on the poor and lenient to the rich.

Thus shall the mountains, those in authority over me, be at peace with

Quantas ostendis tibi mihi tribulationes multas et malas ; et conversus vivificasti me : et de abyssis terræ iterum reduxisti me.

Multiplicasti magnificentiam tuam : et conversus consolatus es me.

Nam et ego confitebor tibi in vasis psalmi veritatem tuam : Deus, psallam tibi in cithara, sanctus Israel.

Exultabunt labia mea, cum cantavero tibi ; et anima mea, quam redemisti.

Sed et lingua mea tota die meditabitur justitiam tuam ; cum confusi et reверiti fuerint, qui quærunt mala mihi.

DEUS, judicium tuum regi da ; et justitiam tuam filio regis.

Judicare populum tuum in justitia ; et pauperes tuos in judicio.

Suscipiant montes pacem populo,

et colles justitiam.

Judicabit pauperes populi, et salvos faciet filios pauperum : et humiliabit calumniatorem.

Et permanebit cum sole, et ante lunam, in generatione et generationem.

Descendet sicut pluvia in vellus, et sicut stillicidia stillantia super terram.

Orietur in diebus ejus justitia et abundantia pacis ; donec auferatur luna.

Et dominabitur a mari usque ad mare ; et a flumine usque ad terminos orbis terrarum.

Coram illo procident Æthiopes : et inimici ejus terram lingent.

Reges Tharsis, et insulæ munera offerent : reges Arabum et Saba dona adducent.

Et adorabunt eum omnes reges terræ : omnes gentes servient ei.

me, and my companions, shall receive from me a charitable, and, therefore, a more just judgment.

Do Thou, O Lord, have special regard to the poor, and to those who make themselves poor for Thy sake. Have mercy on the children of the poor, who, by their age and poverty, have a double claim on Thy mercy. Humble the proud who judge Thy little ones unjustly.

So shall my soul please Thee and reign with Thee for my whole life.

Then shall my influence be as a gentle rain falling without noise upon wool, and as showers falling gently, doing nothing but good.

The perfection of life demanded by Thy justice shall flourish, and great peace be over all souls as long as the light put by Thee in the heavens shall be given to men.

The rule of Thy love shall be spread abroad and have sway without hindrance.

Then shall the wicked be subdued and crushed to the earth.

All nations shall put themselves willingly under Thy dominion, O God, and shall bring costly presents to Thee.

The kings of the earth shall gladly adore Thee, and all nations do Thy bidding.

For Thy kindness will deliver the poor from those that oppress them, and the needy shall find their helper in Thee.

Thou wilt have mercy on all who are poor and in need, and Thou wilt give them riches and blessings that the earth cannot give.

Thou wilt redeem the souls of Thy faithful servants from the heavy burdens the demons try to put upon them, and from the evils they impute to them. Those that are of little account in their own eyes Thou wilt make honourable.

They shall live with Thee, O God, a full, vigorous life, and be blessed with the riches of Thy grace. Their constant joy shall be prayer to Thee, and Thy praise shall be ever in their mouths.

There shall be abundant fruit on the earth, as abundant as if the barren mountains were clothed with corn. The fruit of their life and prayer shall be above the most beautiful mountain of Libanus, and the number of the saints shall be as the grass of the field.

May Thy name be for ever blessed with the blessings which belonged to it before the sun was made.

In Thee, O Lord, shall all the tribes of the earth be filled with blessings, and all nations shall grow in their appreciation and love of Thee.

Blessed be Thou, my Lord, and my God, who alone workest such wonders in the souls of men.

Quia liberabit pauperem a potente ; et pauperem, cui non erat adjutor.

Parcet pauperi et inopi : et animas pauperum salvas faciet.

Ex usuris et iniquitate redimet animas eorum ; et honorabile nomen eorum coram illo.

Et vivet, et dabitur ei de auro Arabiæ, et adorabunt de ipso semper : tota die benedicent ei.

Et erit firmitas in terra in summis montium ; superextolletur super Libanum fructus ejus : et florebunt de civitate sicut fœnum terræ.

Sit nomen ejus benedictum in sæcula : ante solem permanet nomen ejus.

Et benedicentur in ipso omnes tribus terræ : omnes gentes magnificabunt eum.

Benedictus Dominus Deus Israel, qui facit mirabilia solus.

Et benedictum nomen majestatis ejus in æternum ; et replebitur majestate ejus omnis terra : fiat, fiat.

And blessed be the name of Thy Majesty for ever, *i.e.*, our Lord Jesus Christ who showeth forth the majesty of Thy mercy. May all the earth be filled with Thy Majesty by the spread of love of the Most Blessed Sacrament. Amen. Amen.

Quam bonus Israel Deus. Ps. 72.

QUAM bonus Israel Deus his, qui recto sunt corde.

O GOD, how good Thou art to them that seek Thee ! To them that are upright in heart ! How good Thou art to them that walk before Thee, striving with their whole heart after the perfection to which Thou hast called them !

Mei autem pene moti sunt pedes : pene effusi sunt gressus mei.

A temptation arose in my mind, and it almost caused me to slip and stumble.

Quia zelavi super iniquos, pacem peccatorum videns.

For I saw the prosperity of the wicked, and I was inclined to envy them.

Quia non est respectus morti eorum ; et firmamentum in plaga eorum.

I thought they lived in peace, and that the few troubles they had to bear seemed so light.

In labore hominum non sunt : et cum hominibus non flagellabuntur.

They needed not to exert themselves in labour, and the ills that came to other men passed them by.

Ideo tenuit eos superbia : operti sunt iniquitate et impietate sua.

For this reason pride takes hold of them. They are clothed in sin and dwell in impiety.

Prodiit quasi ex adipe iniquitas eorum : transierunt in affectum cordis.

Then sin abounds and flourishes, and every desire of their heart is satisfied.

They are not restrained in their thoughts or words ; both are full of sin. They have spoken evil even to Thee, O Lord.

They have spoken against Thee, my God, in blaspheming Thy saints. They have left nothing on the earth out of their condemnation.

Therefore, Thy people who desire to love Thee are perverted to admire their prosperity, and freely make companions of those who so grievously offend Thee.

Many began to doubt Thy knowledge, and whether Thou hast any regard to these things which everyone knew.

They said within themselves ; Are not these sinners ? And yet Thou allowest them to prosper on the earth, and to amass great fortunes.

Then was I tempted to murmur and say, In vain have I cleansed my heart of evil desires, and for no purpose have I washed my hands from sin that I might be amongst the innocent.

And I have been scourged with tribulations all my life, and I have risen each day to new trials, but all this has profited me nothing.

Yet, if I should so speak I should speak foolishly, for my words would condemn all those who have served Thee from the beginning, and who have been Thy dear children.

I was much distressed to understand ; it was a cause of perplexity to me.

Cogitaverunt et locuti sunt nequitiam : iniquitatem in excelso locuti sunt.

Posuerunt in cœlum os suum : et lingua eorum transivit in terra.

Ideo convertetur populus meus hic : et dies pleni invenientur in eis.

Et dixerunt, Quomodo scit Deus : et si est scientia in excelso ?

Ecce ipsi peccatores, et abundantes in sæculo, obtinuerunt divitias.

Et dixi, Ergo sine causa justificavi cor meum ; et lavi inter innocentes manus meas.

Et fui flagellatus tota die : et castigatio mea in matutinis.

Si dicebam, Narrabo sic : ecce nationem filiorum tuorum reprobavi.

Existimabam, ut cognoscerem hoc : labor est ante me.

Donec intrem in
sanctuarium Dei ;
et intelligam in no-
vissimis eorum.

Verum tamen
propter dolos po-
suisti eis : deiecisti
eos, dum alleva-
rentur.

Quomodo facti
sunt in desolatio-
nem, subito defe-
cerunt : perierunt
propter iniquita-
tem suam.

Velut somnium
surgentium Domi-
ne, in civitate tua
imaginem ipsorum
ad nihilum rediges.

Quia inflamma-
tum est cor meum,
et renes mei com-
mutati sunt : et
ego ad nihilum re-
dactus sum et nes-
civi.

Ut jumentum fac-
tus sum apud te :
et ego semper te-
cum.

Tenuisti manum
dexteram meam, et
in voluntate tua de-
duxisti me : et cum
gloria suscepisti me

But I did not understand till I went
into Thy sanctuary, O God, and lived
among Thy saints. Then I began to
see that the present time is no test of
the value of life, but the end which is
to last for ever is the true test.

I began to see that the prosperity
of the wicked is not an unmixed
blessing, but that it can be a snare
that may easily cause their ruin.

They are brought to desolation at
the time of death. They suddenly
cease to live on the earth, and their
end is destruction.

As a dream which has been intensely
real during sleep is nothing on awaken-
ing, so the position and the pride of
the wicked shall be of no avail in the
moment after death.

Truly my heart has been aroused
without cause, and my desires have
been bent upon things that I had
purposely left. All my thought about
the prosperity of the wicked is seen to
be nothing, and in my ignorance I
knew it not till Thou, my Lord, didst
teach me.

I have been as a senseless beast
before Thee, still in spite of my folly
I have not left Thee.

In Thy kindness Thou hast let me
see Thy constant care for me, and Thy
Divine Will I now see has led me and
guided me. Thou hast offered me such
glory with Thee that all the goods of
earth are as nothing.

For what have I in heaven but Thee,
and beside Thee what can I desire upon
earth?

If all the pleasures of earth fail me,
and if my heart has no love to satisfy
it on earth, still I have Thee, and Thou
art the God of my heart, and the God
that is my portion for ever!

They that depart from Thee, seeking
their satisfaction in earthly riches,
shall perish. Thou wilt surely destroy
all those that do not give Thee their love.

But it is good and sufficient for me
that I hold fast to Thee and put my
hope in Thee, my Lord and my God.

Thus shall I be able to declare all
Thy praise and the story of all Thy
benefits to the faithful soul before all
the daughters of Sion, *i.e.*, the souls of
the just in the gates and courts of
heaven.

Ut quid, Deus. Ps. 73.

WHY, O God, does it appear at
times as if Thou hadst cast me
away from Thee, and that Thine anger
were enkindled against me, even
though I desire nothing so much as to
be submissive to Thee and dependent
upon Thee for all things?

Be mindful of Thy Church which has
been Thine since Thou didst found it.

Remember the care Thou hast taken
over Thine inheritance which Thou
hast redeemed by Thy Most Precious
Blood—Thy holy Church in which
Thou dwellest.

Quid enim mihi
est in cœlo? et a
te quid volui super
terram?

Defecit caro mea,
et cor meum:
Deus cordis mei,
et pars mea Deus
in æternum.

Quæ ecce, qui
elongant se a te,
peribunt: perdi-
disti omnes, qui
fornicantur abs te.

Mihi autem ad-
hærere Deo bonum
est: ponere in
Domino Deo spem
meam.

Ut annuntiem om-
nes prædicationes
tuas, in portis filiæ
Sion.

Ut quid Deus re-
pulisti in finem:
iratus est furor
tuus super oves
pascuæ tuæ?

Memor esto con-
gregationis tuæ,
quam possedisti ab
initio.

Redemisti virgam
hæreditatis tuæ:
mons Sion, in quo
habitasti in eo.

Leva manus tuas
in superbias eorum
in finem : quanta
malignatus est inimi-
cus in sancto.

Et gloriati sunt,
qui oderunt te, in
medio solemnitatis
tuæ.

Posuerunt signa
sua, signa ; et non
cognoverunt sicut
in exitu super-
summum.

Quasi in silva lig-
norum securibus
exciderunt januas
ejus in idipsum : in
securi et ascia de-
jecerunt eam.

Incenderunt igni
sanctuarium tuum :
in terra polluerunt
tabernaculum no-
minis tui.

Dixerunt in cor-
de suo cognatio
eorum simul : Qui-
escere faciamus
omnes dies festos
Dei a terra.

Signa nostra non
vidimus, jam non
est propheta : et
nos non cognoscet
amplius.

Usquequo Deus
inproperabit inimi-
cus ; irritat adver-
sarius nomen tuum
in finem ?

Lift up thy hands against those
who have no limit to their pride. See
the ruin they are ever inflicting on
Thy sanctuaries.

They that hate Thee, O Lord, have
been able to boast of the power they
have to interfere with and disturb the
solemnity of Thy service.

They have even defiled Thy churches,
setting up their idols, disregarding Thy
sanctity. They have striven to take
away the worship due to Thee by
attracting attention to their idols.

They have tried to destroy Thy
churches, cutting them down as a
wood-cutter fells a whole grove of
trees.

They have burnt Thy sanctuaries
and defiled Thy dwelling-place on
the earth.

They tried to root out all Thy
worship from the land.

They were not confronted by a
prophet of Thine as of old. They who
still believe in Thee are so full of fear
that if there were a prophet he would
not recognise Thy people.

How long, O God, shall Thine
enemies be able to reproach us ? Wilt
Thou let them blaspheme Thy holy
Name for ever ?

Why dost Thou keep Thy hand from helping us who are in Thy bosom?

In spite of all we have to suffer from those who fight against Thee, Thou art still our King and our God. Thou hast promised us salvation in the midst of the earth.

In time past Thou didst make the Red Sea stand firm on either side as Thy people passed through, and then didst allow the same sea to overwhelm the enemies of Thy people.

Thou didst destroy the army of Egypt, and didst leave the bodies of their dead as food for the wild beasts of the desert.

At the Jordan Thou didst hold back the swift stream, and didst dry up its bed that Thy people might cross dry shod.

More universally still, the day is Thine and the night. The daybreak is Thy work, and the sun which gives light to all.

Thou hast ruled the earth, setting the seasons to follow each other.

Because Thou, O Lord, hast such power, so widely acknowledged, remember that the enemy hath so often cast reproach upon Thee as if Thou couldst not overcome them, and this foolish people hath blasphemed Thy holy Name.

Let not these enemies gain power over the souls that confess Thee God

Ut quid avertis manum tuam et dexteram tuam de medio sinu tuo in finem?

Deus autem Rex noster ante sæcula : operatus est salutem in medio terræ.

Tu confirmasti in virtute tua mare : contribulasti capita draconum in aquis.

Tu confregisti capita draconis : dedisti eum escam populis Æthiopum.

Tu dirupisti fontes et torrentes : tu siccasti fluvios Æthan.

Tuus est dies, et tua est nox : tu fabricatus es auro-ram et solem.

Tu fecisti omnes terminos terræ : æstatem et ver, tu plasmasti ea.

Memor esto hujus, inimicus improperavit Domino : et populus insipiens incitavit nomen tuum.

Ne tradas bestiis animas confitentes tibi : et animas

pauperum tuorum
ne obliviscaris in
finem.

Respice in testa-
mentum tuum ;
quia repleti sunt,
qui obscurati sunt
terræ domibus ini-
quitatum.

Ne avertatur hu-
milis factus con-
fusus : pauper et
inops laudabunt
nomen tuum.

Exurge Deus,
judica causam tu-
am ; memor esto
improperiorum tu-
orum : eorum, quæ
ab insipiente sunt
tota die.

Ne obliviscaris
voces inimicorum
tuorum : superbia
eorum, qui te ode-
runt, ascendit
semper.

CONFITEBIMUR tibi,
Deus : confitebi-
mur et invocabi-
mus nomen tuum.

Narrabimus mir-
abilia tua : cum
accepero tempus,
ego justitias judi-
cabo.

Liquefacta est
terra, et omnes,
qui habitant in ea :
ego confirmavi
columnas ejus.

and Lord, and forget not for ever the
souls of Thy poor who are in danger.

Remember Thy promises that Thou
wouldst befriend the poor and the
humble, for the wicked who are truly
vile because they reject Thee, the only
source of nobility, are still prosperous
and dwell peacefully in their sins.

Let not the humble be turned away
with confusion when they come to
Thee. The poor and those who ack-
nowledge to Thee their want give
Thee the most perfect praise.

Arise, O God, judge Thine own
cause, and assist those who love Thee.
Remember the reproaches which the
foolish sinner casts upon Thee by his
neglect of Thee all the day long.

Forget not, O God, that the proud
voice of the wicked sounds loud in our
ears. Their hatred of Thee, our good
God, is made manifest to us con-
stantly.

Confitebimur tibi. Ps. 74.

I GIVE Thee thanks, O my God, I
give Thee thanks and call upon
Thy holy Name.

I will remind Thee of Thy wonderful
works. Thou sayest to my soul:
“When the appointed time shall come
I will judge with equity.

“Then shall the earth become as
water, and all that dwell thereon shall
be dissolved for fear of Me, because
they are wicked ; but I will be the
strength of all who trust in Me.

“ I shall then say to the wicked,
 ‘ Do evil no longer,’ and to sinners,
 ‘ Be not puffed up with pride.’ ”

I will speak for Thee to the sinner,
 O my God, “ Be not puffed up with
 pride as if you were equal to God, and
 had a right to speak against Him as
 if He were unjust.

“ For if you search east or west or
 go to the mountains of the desert you
 can find nothing against my God, and
 in the end He is the judge.

“ In this life He humbles one and
 allows another to boast in pride, for
 He holds a cup in His hand filled with
 wine that is drugged with spices, *i.e.*,
 inebriating and blinding the minds of
 sinners.

“ He pours this strong wine with the
 spices into the hearts of the wicked,
 but the dregs He does not pour out as
 yet. He reserves them for the sinners
 who are impenitent. They shall drink
 up this wine of the wrath of God.”

But I prefer to sing of Thy goodness,
 O my God, and not proudly oppose
 Thee. I will relate for ever Thine
 infinite goodness to me.

Thou, my good God, sayest to my
 soul, “ I will break all the pride of
 sinners and raise up the humility of
 the just.”

Notus in Judea. Ps. 75.

THOU art known and appreciated in
 Thy Church, O God, and Thy
 name is held in veneration.

Dixi iniquis : No-
 lite inique agere ;
 et delinquentibus,
 Nolite exaltare
 cornu.

Nolite extollere in
 altum cornu ves-
 trum : nolite loqui
 adversus Deum
 iniquitatem.

Quia neque ab
 oriente, neque ab
 occidente, neque a
 desertis montibus ;
 quoniam Deus ju-
 dex est.

Hunc humiliat et
 hunc exaltat ; quia
 calix in manu Do-
 mini vini meri
 plenus mixto.

Et inclinavit ex
 hoc in hoc : ver-
 umtamen fæx ejus
 non est exinanita :
 bibent omnes pec-
 catores terræ.

Ego autem an-
 nuntiabo in sæcu-
 lum : cantabo Deo
 Jacob.

Et omnia cornua
 peccatorum con-
 fringam : et ex-
 altabuntur cornua
 justi.

Notus in Judæa
 Deus ; in Israel
 magnum nomen
 ejus.

Et factus est in
pace locus ejus : et
habitatio ejus in
Sion.

Ibi confregit po-
tentias arcuum ;
scutum, gladium et
bellum.

Illuminans t u
mirabiliter a mon-
tibus æternis : tur-
bati sunt omnes
insipientes corde.

Dormierunt som-
num suum : et
nihil invenerunt
omnes viri divitia-
rum in manibus
suis.

Ab increpatione
tua Deus Jacob
dormitaverunt, qui
ascenderunt equos.

Tu terribilis es,
et quis resistet
tibi ? ex tunc ira
tua.

De cœlo auditum
fecisti judicium :
terra tremuit et
quievit :

Cum exurgeret in
judicium Deus ; ut
salvos faceret om-
nes mansuetos ter-
ræ.

Quoniam cogita-
tio hominis con-
fitebitur tibi : et

Thy place is in the peace of a good
conscience, and Thy dwelling in the
tabernacle.

From the souls of Thy saints and
from the tabernacle where Thou dwell-
est Thou hast overcome the powers of
the world. The bows, shields, and
swords of the warriors have been
turned aside by Thee, and the battles
of men quieted.

Thou shinest as a strong light from
the eternal hills, and the foolish
worldlings are troubled when they
hear of Thy sanctity, and the holiness
Thou demandest from men.

They have slept their life through,
not understanding what is of real
worth, and even the rich who are in
honour have found that they had
missed what is of real value in Thine eyes

They also who fly from one place to
another, when Thy light strikes them
to rebuke their folly, find that they
have not been awake to the most
important needs of the soul.

Thou, O God, strikest fear into all.
Who can resist Thee when Thou art
angry ?

Thou didst announce Thy judgment
as to Thy will from heaven, and at
some time of life the earth stands still
to let every soul know Thy will.

When Thou, O God, comest in the
last day Thou wilt give salvation to
the meek of heart.

Then shall all the consciences of
men give praise to Thee, and the re-

mains of conscience, resolutions which follow, shall be to keep holyday to honour Thee.

Ye people of God, make your vows to Him as some recognition of His right, and pay unto God what each soul owes to Him. Bring Him presents, especially ye that are near to His tabernacle.

Remember your reverence before Him, for He can humble the pride of princes ; He can crush even the kings of the earth.

Voce mea. Ps. 76.

WHEN I have been in distress I have raised my voice to Thee, O Lord, and Thou hast heard me and answered me.

I came to Thee, my God, at other times as soon as trouble came upon me. I raised up my hands in prayer in the night time, and I was not deceived in my trust in Thee.

But now I obtain no consolation from Thee. I remembered Thee, O God, and Thy care for me and my heart was glad ; but now I pray and meditate on Thy goodness and I almost faint with distress, for Thou dost not console me.

I have not been able to sleep ; I wake to find my trouble still with me, yet I have not complained.

I looked back to past favours, the great kindness Thou hast shown me and Thy constant care of those who have served Thee from the beginning.

reliquiæ cogitationis diem festum agent tibi,

Vovete et reddite Domino Deo vestro, omnes, qui in circuitu ejus afferitis munera.

Terribili et ei, qui aufert spiritum principum : terribili apud reges terræ.

VOCE mea ad Dominum clamavi : voce mea ad Deum, et intendit mihi.

In die tribulationis meæ Deum exquisivi, manibus meis nocte contra eum : et non sum deceptus.

Renuit consolari anima mea : memor fui Dei, et delectatus sum et exercitatus sum : et defecit spiritus meus.

Anticipaverunt vigiliæ oculi mei : turbatus sum et non sum locutus.

Cogitavi dies antiquos : et annos æternos in mente habui.

Et meditatus sum
nocte cum corde
meo : et exercita-
bar, et scopebam
spiritum meum.

Numquid in æter-
num projiciet
Deus ? aut non ap-
ponet, ut compla-
citior sit adhuc ?

Aut in finem
misericordiam su-
am abscindet : a
generatione in
generationem ?

Aut obliviscetur
misereri Deus ?
aut continebit in
ira sua misERICOR-
dias suas ?

Et dixi : Nunc
cœpi : hæc muta-
tio dexteræ Ex-
celsi.

Memor fui ope-
rum Domini ; quia
memor ero ab initio
mirabilium tuorum.

Et meditabor in
omnibus operibus
tuis : et in adin-
ventionibus tuis
exercebor,

Deus, in sancto
via tua ; quis
Deus magnus, sicut
Deus noster ? tu es
Deus, qui facis
mirabilia.

I thought over all these things in the
quiet of the night, and I did my best to
understand Thy ways. I searched mine
own soul for some reason for Thy
severe treatment of me.

I began to say in my heart, " Will
my God cast me off for ever ? Will
He never more be favourable to me ?

" Will He cut off His former mercy
which He has shown from generation
to generation ? "

" Has He forgotten to be merciful ?
Is He so angry with me that He will
close up the source of mercy ? "

And whilst I was distressed, Thou,
my God, didst let me see that this trial
is for my good, so I say in my heart,
" Now I have begun again to hope.
This seeming desolation is sent by
Thee as were Thy former favours. "

So I will again call to mind, Thy
works and remember that when Thou,
O Lord, dost work most wonderfully
then Thou dost demand the greatest
submission from Thy servants.

I will meditate on all Thy works and
seek to do all that Thou askest of me.

I will remember, O God, that I must
begin with reverence and energy in the
sanctuary, in the holy Office, and in
prayer. Who is like to Thee for
drawing me close to Thee ? Who can
do so much with my poor weak soul
as Thou canst ?

Thy great power is known over the whole world. Thou didst show Thy might by taking a weak and despised people and raising them to do great things for Thee.

Thou didst show Thy power over the Red Sea. Thou didst show Thyself, and the waters stood up on either side as Thy people passed through.

And immediately with a great noise and the spray of much water Thou didst overwhelm the armies of Egypt.

Thou didst thunder from heaven as if from Thy war-chariot. Thy lightnings flashed like arrows over the armies of Egypt.

Thy lightnings have lit up the whole world and let all know that Thou art God. The earth has shaken and trembled.

Thou canst make a way for Thy people in the sea, and a path through the waters. The waters cover over the way Thy people have taken, and no one shall know.

Thou, O Lord, didst lead Thy people as a flock of sheep by the hand of Moses and Aaron. Thus I have no cause to lose heart, and I will go on with courage, for Thy goodness is always with me in spite of my trouble.

Attendite. Ps. 77.

THE Psalmist begs all to take to heart the facts he brings to their minds in the psalms.

Notam fecisti in populis virtutem tuam ; redemisti in brachio tuo populum tuum, filios Jacob et Joseph.

Viderunt te aquæ Deus, viderunt te aquæ : et timuerunt et turbatæ sunt abyssi.

Multitudo sonitus aquarum : vocem dederunt nubes.

Etenim sagittæ tuæ transeunt : vox tonitruï tui in rota.

Illuxerunt coruscationes tuæ orbi terræ : commota est et contremuit terra.

In mari via tua, et semitæ tuæ in aquis multis : et vestigia tua non cognoscentur.

Deduxisti sicut oves populum tuum in manu Moysi et Aaron.

ATTENDITE popule meus legem meam ; inclinate aurem vestram in verba oris mei.

Aperiam in parabolis os meum : loquar propositiones ab initio.

Quanta audivimus et cognovimus ea : et patres nostri narraverunt nobis.

Non sunt occulta a filiis eorum : in generatione altera.

Narrantes laudes Domini et virtutes ejus ; et mirabilia ejus, quæ fecit.

Et suscitavit testimonium in Jacob : et legem posuit in Israel.

Quanta mandavit patribus nostris, nota facere ea filiis suis, ut cognoscat generatio altera.

Filii, qui nascuntur et exurgent ; et narrabunt filiis suis.

Ut ponant in Deo spem suam : et non obliviscantur operum Dei : et mandata ejus exquirant.

Ne fiant, sicut patres eorum, generatio prava et exasperans.

Generatio, quæ non direxit cor suum, et non est creditus cum Deo spiritus ejus.

His words are full of wisdom and relate the ways of God from the beginning.

We must not forget that our God has dealt with men from the beginning, and we are to learn His will from the facts that have been handed down to us by those who have gone before us.

These works of God were not meant to be hidden ; they were meant for our instruction.

The burden of the whole psalm is that it is our duty to praise God, and to appreciate His power and the glory of His wonderful providence.

For He has ever commanded His chosen people,

That they should not hide from their children His kindness to them.

That these also should pass on the story to their children,

So that all might put their trust in God, and be obedient to His commands, not forgetting His goodness.

Lest they become like many of their fathers, a wicked and provoking people.

A people that had not the love of God in their hearts, or been faithful to Him.

Even the most noble, the natural leaders of the people, the first and most powerful tribe, have been cowards in the battle of life, and have turned their backs in the time of trial.

They were not faithful to God, and would not walk in His law.

They forgot His past kindness and the great wonders He wrought for their benefit.

They forgot all the wonders of their escape from the slavery of Egypt ;

How God divided the sea and made the waters to stand up as if contained in a mighty vessel ;

The pillar of cloud by day and of fire by night.

The giving them to drink abundantly from the rock in the desert,

The water from which was as a great stream. They did not remember any of these mercies of God.

But they sinned yet more and provoked the Most High in the desert.

They tempted Him in their hearts, and not satisfied with manna, they asked for flesh to eat.

Filii Ephrem,
intendentes et mit-
tentes arcum con-
versi sunt in die
belli.

Non custodierunt
testamentum Dei :
et in lege ejus nolu-
erunt ambulare.

Et obliti sunt be-
nefactorum ejus :
et mirabilium ejus,
quæ ostendit eis.

Coram patribus
eorum fecit mira-
bilia in terra
Ægypti ; in campo
Taneos.

Interruptit mare,
et perduxit eos : et
statuit aquas quasi
in utre.

Et deduxit eos in
nube diei ; et tota
nocte in illumina-
tione ignis.

Interruptit petram
in eremo : et ada-
quavit eos velut in
abyssus multa.

Et eduxit aquam
de petra : et de-
duxit t a n q u a m
flumina aquas.

Et apposuerunt
adhuc peccare ei :
in iram excitave-
runt Excelsum in
inaquoso.

Et tentaverunt
Deum in cordibus
suis ; ut peterent
escas animabus suis

Et male locuti
sunt de Deo : dixe-
runt. Numquid po-
terit Deus parare
mensam in deserto?

Quoniam percus-
sit petram, et
fluxerunt aquæ, et
torrentes inundave-
runt.

Numquid et pa-
nem poterit dare,
aut parare men-
sam populo suo?

Ideo audivit Do-
minus et distulit ;
et ignis accensus
est in Jacob : et
ira ascendit in
Israel.

Quia non credi-
derunt in Deo ;
nec speraverunt in
salutari ejus.

Et mandavit nu-
bibus desuper : et
januas cœli ape-
ruit.

Et pluit illis
manna ad mandu-
candum : et pa-
nem cœli dedit eis.

Panem Angelorum
manducavit homo :
cibaria misit eis in
abundantia.

Transtulit Aust-
rum de cœlo ; et
induxit in virtute
sua Africum.

They spoke ill of God, saying, " Is
it possible for God to give us other
food than this manna in the wilder-
ness? "

" He did indeed give us water from
the rock,

Can He also give us other food? "

And God heard their murmurs and
was angry. The fire of His anger was
kindled against His people.

For they would not believe in His
kind providence, and had no hope
that He would see them safe through
their trials.

Had He not commanded the clouds
and opened the stores of heaven for
them?

Had He not rained down manna and
given them food from heaven?

He gave them the bread of angels,
i.e., suitable to those who were most
faithful to Him, and sent them food
in abundance.

So now He changed the wind
suddenly, and brought a south-west
wind,

Bringing with it the flesh they asked
for like dust, and the quails fell as
numerous as the sands of the sea,

And they fell in the camp close to
the tents.

So the people had their wish and
were filled with the food of their
choice. God did not stint them in the
food they craved for.

But as they were yet eating, God's
anger was kindled against them.

And He slew the most greedy among
them, and their chosen men.

They sinned still and were not
mindful of His wonderful works.

Their time was wasted in vanity,
and their years in hastening forward,
and not attaining the Promised Land.

When God struck them they sought
to appease Him in prayer, and they
turned to Him early in the morning.

Then they remembered that none
but God could help them, and that
only the Most High could save them.

Et pluit super eos
sicut pulverem car-
nes ; et sicut aren-
am maris volatilia
pennata.

Et ceciderunt in
medio castrorum
eorum ; circa ta-
bernacula eorum.

Et manducave-
runt et saturati
sunt nimis ; et de-
siderium eorum at-
tulit eis : non sunt
fraudati a desiderio
suo.

Adhuc escæ eo-
rum erant in ore
ipsorum, et ira Dei
ascendit super eos.

Et occidit pingues
eorum : et electos
Israel impedit.

In omnibus his
peccaverunt adhuc :
et non crediderunt
in mirabilibus ejus.

Et defecerunt in
vanitate dies eo-
rum : et anni eo-
rum cum festina-
tione.

Cum occideret eos,
quærebant eum : et
revertebantur, et
diluculo veniebant
ad eum.

Et rememorati
sunt, quia Deus
adjutor est eorum ;
et Deus excelsus
Redemptor eorum
est.

Division of Ps. 77 in Benedictine Breviary.

Et dilexerunt eum
in ore suo : et lin-
gua sua mentiti
sunt ei.

Cor autem eorum
non erat rectum
cum eo ; nec fide-
les habiti sunt in
testamento ejus.

Ipse autem est
misericors ; et pro-
pitius fiet peccatis
eorum : et non
disperdet eos.

Et abundavit, ut
avertetet iram
suam : et non ac-
cendit omnem iram
suam.

Et recordatus est,
quia caro sunt ;
spiritus vadens et
non rediens.

Quoties exacerba-
verunt eum in de-
serto ; in iram con-
citaverunt eum in
inaquoso ?

Et conversi sunt,
et tentaverunt De-
um : et sanctum
Israel exacerbave-
runt.

Non sunt recor-
dati manus ejus,
die qua redemit
eos de manu tri-
bulantis.

Sicut posuit in
Ægypto signa sua ;
et prodigia sua in
campo Taneos.

THEY spoke loving words to Him,
and lied unto Him in their
praise.

Their heart was not right, nor were
they faithful to keep His law.

How merciful He is ! for He forgave
their sin and did not wholly destroy
them.

For He often ceased to be angry
with them, and did not kindle all His
wrath.

He remembered that they were
erring and weak flesh, like a wind
that is never constant.

How often did they provoke Him
in the desert !

Again and again they tempted God
and roused against them the anger of
the Holy One of Israel.

They were unmindful of all He had
done for them when they were in
slavery in Egypt.

Of the wonders He worked to move
Pharaoh to release them.

How He turned their rivers into blood, and their showers, that they could not drink.

He sent flies to molest them, and frogs which destroyed their food.

He gave up their fruits to a withering wind, and their harvests to the locust.

Their vineyards He destroyed with hail, and their mulberry-trees with hoar-frost.

He killed their cattle with storms and their goods with fire.

He let go the fierceness of His anger, and He allowed the evil spirits to be the instruments of His wrath.

He let His anger have a clear path, and spared not their souls from hell. All their cattle He gave up to death.

He smote the first-born of Egypt, and took the first fruits of their race.

He took away His own people and guided them in the wilderness.

Et convertit in sanguinem flumina eorum ; et imbres eorum, ne biberent.

Misit in eos cœnomyiam et comedit eos : et ranam, et disperdit eos.

Et dedit ærugini fructus eorum ; et labores eorum locustæ.

Et occidit in grandine vineas eorum ; et moros eorum in pruina.

Et tradidit grandini jumenta eorum ; et possessionem eorum igni.

Misit in eos iram indignationis suæ ; indignationem et iram et tribulationem, immissiones per angelos malos.

Viam fecit semitæ iræ suæ ; et non pepercit a morte animabus eorum ; et jumenta eorum in morte conclusit.

Et percussit omne primogenitum in terra Ægypti ; primitias omnis laboris eorum in tabernaculis Cham.

Et abstulit sicut oves populum suum : et perduxit eos tanquam gregem in deserto.

Et deduxit eos in spe, et non timuerunt : et inimicos eorum operuit mare

Et induxit eos in montem sanctificationis suæ : montem, quem acquisivit dextera ejus.

Et ejecit a facie eorum gentes : et sorte divisit eis terram in funiculo distributionis.

Et habitare fecit in tabernaculis eorum tribus Israel.

Et tentaverunt et exacerbaverunt Deum excelsum : et testimonia ejus non custodierunt.

Et averterunt se, et non servaverunt pactum : quemadmodum patres eorum conversi sunt in arcum pravam.

In iram concitaverunt eum in colibus suis : et in sculptilibus suis ad æmulationem eum provocaverunt.

Audivit Deus et sprexit : et ad nihilum redegit valde Israel.

Et repulit tabernaculum Silo : tabernaculum suum, ubi habitavit in hominibus.

He filled their souls with hope so that they did not fear the army of Pharaoh which He overwhelmed in the Red Sea.

But His people He led to the holy mountain which He Himself had chosen.

He drove out the nations before them and divided the land by lot, making boundaries for each tribe.

He made them to dwell in tents that they might be more easily under His guidance.

But in spite of all His goodness, they tempted and provoked the Most High God, and would not keep His law.

They turned to other gods, and would not obey Him, as their fathers had been like a crooked bow which could not send its arrow straight.

They provoked Him by setting up sanctuaries not for Him on the hill-tops, and they made Him angry with the idols they set up.

And God in His anger grievously afflicted His people, bringing them almost to nothing.

He rejected the tabernacle at Silo where He had dwelt so long,

And He delivered their strength and beauty, *i.e.*, the Ark of God, into captivity.

He allowed His people to be oppressed by the sword, and He let His inheritance be despised on the earth.

Their young men were consumed with the fire and destruction of war, and the maidens were so accustomed to horrors that they wept not.

Their priests were given to the sword, and the widows were so lost in hopelessness that they mourned not at all.

Then God awoke as if from sleep, and as a great warrior who had been overcome with wine.

He turned the enemy to flight, and inflicted such a defeat that the shame of it shall last for ever.

And He cast aside the tabernacle of Joseph (for hitherto the Ark had rested in Silo, a town of the tribe of Ephraim, the son of Joseph) and chose not the tribe of Ephraim.

But He chose the tribe of Juda and Mount Sion which He loved.

He built His sanctuary with great strength in the place He would dwell in.

Et tradidit in captivitatem virtutem eorum : et pulchritudinem eorum in manus inimici.

Et conclusit in gladio populum suum : et hæreditatem suam sprevit.

Juvenes eorum comedit ignis : et virgines eorum non sunt lamentatæ.

Sacerdotes eorum in gladio ceciderunt : et viduæ eorum non plorabantur.

Et excitatus est tanquam dormiens Dominus ; tanquam potens crapulatus a vino.

Et percussit inimicos suos in posteriora : opprobrium sempiternum dedit illis.

Et repulit tabernaculum Joseph : et tribum Ephraim non elegit.

Sed elegit tribum Juda ; montem Sion, quem dilexit.

Et ædificavit sicut unicornium sanctificium suum in terra, quam fundavit in sæcula.

Et elegit David
servum suum ; et
sustulit eum de
gregibus ovium :
de post foetantes
accepit eum :

Pascere Jacob ser-
vum suum ; et Is-
rael hæreditatem
suam.

Et pavit eos in
innocentia cordis
sui : et in intellecti-
bus manuum sua-
rum deduxit eos.

And He chose David His servant,
and took him though a mere shepherd.

Him God made to feed His holy
people and to guard His inheritance.

And David did this work for God in
innocence of heart and led them with
great skill.

Deus, venerunt gentes. Ps. 78.

DEUS venerunt
gentes in hæredi-
tatem tuam ; pol-
luerunt templum
sanctum tuum :
posuerunt Jerusa-
lem in pomorum
custodiam.

Posuerunt morti-
cina servorum tuo-
rum escas volatili-
bus cœli ; carnes
sanctorum tuorum
bestiis terræ.

Effuderunt san-
guinem eorum tan-
quam aquam in
circuitu Jerusa-
lem : et non erat
qui sepeliret.

Facti sumus op-
probrium vicinis
nostris ; subsanna-
tio et illusio his,
qui in circuitu
nostro sunt.

O MY God, my holy profession is an
object of scorn to those round
about me. The abbeyes and churches
that were once ours are defiled.

Thy servants, the saints of our own
land, have been slain, and the images
of Thy saints defaced throughout
the land.

Thine enemies spilt the blood of Thy
saints like water, and our fathers
were afraid to give them burial.

I, too, am still an object of scorn to
those about me. They cannot believe
in my love for Thee.

If I am to blame and my sins have caused this, be not angry with me for ever.

Be angry with those who will not know Thee and will not call upon Thy holy Name.

Thine enemies have eaten up all our substance, and have made the holy places of the faith desolate.

Be kind to me, O Lord, whatever others may do to me, and remember not my sins which are justly punished by Thee. Have mercy on me now, for I have become an object of Thy pity.

Help me, O God my Saviour, and for the glory of Thy Name deliver me. For the sake of Thy holy Name forgive me my sins.

Have not mine enemies pointed to me as if I had no knowledge of Thee? Be Thou always within me, O my God, that I may know where to find Thee.

If Thou wilt not hear me, at least hear the prayers of Thy martyrs, our fathers, and those who in our land have suffered for their faith in Thee.

Show Thy power, the strength of

Usquequo Domine irasceres in finem ; accendetur velut ignis zelus tuus ?

Effunde iram tuam in gentes, quæ te non noverunt ; et in regna, quæ nomen tuum non invocaverunt.

Quia comederunt Jacob ; et locum ejus desolaverunt.

Ne memineris iniquitatum nostrarum antiquarum ; cito anticipent nos misericordiæ tuæ : quia pauperes facti sumus nimis.

Adjuva nos Deus salutaris noster ; et propter gloriam nominis tui Domine libera nos : et propitius esto peccatis nostris propter nomen tuum.

Ne forte dicant in gentibus, Ubi est Deus eorum ? et innotescat in nationibus coram oculis nostris.

Ultio sanguinis servorum tuorum, qui effusus est : introeat in conspectu tuo gemitus compeditorum.

Secundum magnitudinem brachii

tui, posside filios mortificatorum.

Et redde vicinis nostris septuplum in sinu eorum : improprium ipsorum, quod exprobraverunt tibi Domine.

Nos autem populus tuus, et oves pascuæ tuæ, confitebimur tibi in sæculum.

In generationem et generationem annuntiabimus laudem tuam.

QUI regis Israel, intende : qui deducis velut ovem Joseph.

Qui sedes super Cherubim ; manifestare coram Ephraim, Benjamin et Manasse.

Excita potentiam tuam, et veni ; ut salvos facias nos.

Deus, converte nos : et ostende faciem tuam, et salvi erimus.

Domine Deus virtutum, quousque irasceris super orationem servi tui ?

Cibabis nos pane lacrymarum ? et potum dabis nobis in lacrymis in mensura ?

Thine arm, and preserve me, the child of Thy saints.

If it be Thy will let the reproach of those who abuse me be turned on their own heads.

But I, Thy child, will give thanks to Thee for ever and ever, my good, loving Lord.

I will praise Thee and pass on Thy praise from generation to generation.

Qui regis Israel. Ps. 79.

HEAR my prayer, O God, Thou who wast a King to Thy people and a shepherd to the children of Joseph.

Thou who dwellest amongst us, sitting upon the cherubim in the Ark, let Thy light be seen, make Thy will to be known to Thy chosen people.

Stir up Thy power as Thou didst in former ages. Come to mine aid and save me.

O my God, turn my heart to Thee, and show me Thy kindness and I shall be safe.

How long wilt Thou be angry, O Lord God, and turn away Thy face from the prayer of Thy servant ?

How long wilt Thou give me sorrow for my food and tears for my drink ?

My neighbours fight over me, and mine enemies scoff at my weakness.

O God of hosts, Thou alone canst save me. Show Thy kindness and turn my heart to Thee.

Thou hast brought a precious vine out of Egypt. Thou hast cast out the heathen from the Promised Land, and there Thou hast planted Thy vine.

How carefully Thou didst guard it on the journey through the desert ! When Thou didst bring it to the Promised Land Thou didst plant it as a careful gardener, and the roots thereof filled the land.

It grew till the shadow of it covered the hills, and the branches grew above the cedars of God.

The roots stretched to the sea and its boughs to the great river.

Why hast Thou allowed the hedge which protected Thy vine to be broken down, so that any wanderer may pluck it as he wills ?

Any wild beast has access to it to work damage to its branches.

O God, turn to us and look from heaven on our neglected state. O come and visit this vine which Thou hast planted.

Posuisti nos in contradictionem vicinis nostris : et inimici nostri subannaverunt nos.

Deus virtutum, converte nos ; et ostende faciem tuam ; et salvi erimus.

Vineam de Ægypto transtulisti : eiecisti gentes, et plantasti eam.

Dux itineris fuisti in conspectu ejus : plantasti radices ejus, et implevit terram.

Operuit montes umbra ejus : et arbusta ejus cedros Dei.

Extendit palmites suos usque ad mare ; et usque ad flumen propagines ejus.

Ut quid destruxisti maceriam ejus ? et vindemiant eam omnes, qui prætergrediuntur viam ?

Exterminavit eam aper de silva : et singularis ferus depastus est eam.

Deus virtutum converterte : respice de cœlo et vide, et visita vineam istam.

Et perfice eam,
quam plantavit
dextera tua : et
super filium homi-
nis, quem confir-
masti tibi.

Incensa igni et
suffossa ab incre-
patione vultus tui
peribunt.

Fiat manus tua
super virum dex-
teræ tuæ ; et super
filium hominis,
quem confirmasti
tibi.

Et non discedi-
mus a te, vivifica-
bis nos : et nomen
tuum invocabimus.

Domine Deus vir-
tutum converte nos:
et ostende faciem
tuam, et salvi eri-
mus.

EXULTATE Deo ad-
jutori nostro : jubi-
late Deo Jacob.

Sumite psalmum
et date tympanum :
psalterium juncun-
dum cum cithara.

Buccinate in Ne-
omenia tuba in
insigni die solem-
nitatis vestræ.

Quia præceptum
in Israel est : et ju-
dicium Deo Jacob.

Testimonium in
Joseph posuit
illud, cum exiret

Do Thou bring to perfection what
Thy right hand has planted and have
regard to the son of man, *i.e.*, all those
whom Thou hast chosen to be strong
by Thy strength.

If Thy vine be dug up and burnt it
will be because Thou art angry with
us and wilt not save us.

Let Thy hand strengthen all those
who stand on Thy right hand to keep
Thy law, and on those who look to
receive all their strength from Thee.

I, Lord, will not go away from Thee ;
do Thou give me new life and I will
seek Thy will in prayer.

O Lord my God, turn my heart to
Thee ; show Thy kind countenance to
me and save me.

Exultate Deo. Ps. 80.

I WILL rejoice before Thee, O my
God, my only helper. I will sing
unto Thee, for Thou art my God.

I will sing a psalm to Thee and make
use of any instrument of joy.

Especially at the great festivals of
the Church I will rejoice before Thee.

For this is the command of the
Church and Thy will, O Lord.

Thou didst establish the feast of the
Passover, when Thou didst bring Thy

people from Egypt. They were taken through nations whose tongue they could not understand.

Thou didst release them from the slavery of Egypt, and from the tasks imposed upon them.

So Thou, my God, dost say to me, "Thou didst call upon Me when in affliction and I delivered thee. I heard thy prayer from the pillar of cloud. I tried thee in the waters of contradiction.

"Listen, then, thou soul that I have chosen, and I will speak to Thee. Thou must serve Me and not make for thyself a new god; nor must thou take up and adore any strange god.

"For I am the Lord thy God who brought Thee out of the land of Egypt; open wide thy mouth and I will fill it."

But though Thou, O God, didst speak thus to Thy people of old, they did not attend to Thy words. Thy chosen ones would not listen to Thee.

Therefore, Thou didst let them go according to the desires of their heart, and walk in their own devices.

If Thy people had only heard Thee, if Thy chosen ones had walked faithfully in Thy ways,

de terra Ægypti :
linguam, quam
non noverat, au-
divit.

Divertit ab oneri-
bus dorsum ejus :
manus ejus in co-
phino servierunt.

In tribulatione in-
vocasti me, et liber-
avi te ; exaudivi te
in abscondito tem-
pestatis ; probavi
te apud aquam con-
tradictionis.

Audi populus me-
us, et contestabor
te, Israel si audieris
me, non erit in te
deus recens : neque
adorabis deum alie-
num.

Ego enim sum
Dominus Deus
tuus, qui eduxi te
de terra Ægypti :
dilata os tuum et
implebo illud.

Et non audivit
populus meus vo-
cem meam : et
Israel non intendit
mihi.

Et dimisi eos se-
cundum desideria
cordis eorum :
ibunt in adinven-
tionibus suis.

Si populus meus
audisset me : Israel
si in viis meis am-
bulasset :

Pro nihilo forsitan
inimicos eorum
humiliassem : et
super tribulantes
eos misissem ma-
num meam.

Inimici Domini
mentiti sunt ei : et
erit tempus eorum
in sæcula.

Et cibavit eos ex
adipe frumenti : et
de petra melle sa-
turavit eos.

Thou wouldst quickly have humbled
their enemies and laid a heavy hand
on all that troubled Thy people.

Their enemies would have been
Thine, and the time of Thy people
would have been for ever.

Thou, O God, wouldst have fed them
with the choicest bread, and with
honey whereby they would have been
fully satisfied.

Deus stetit. Ps. 81.

DEUS stetit in
synagoga deorum :
in medio autem de-
os dijudicat.

Usquequo judica-
tis iniquitatem, et
facies peccatorum
sumitis ?

Judicate egeno et
pupillo : humilem
et pauperem justi-
ficatè.

Eripite pauperem :
et egenum de manu
peccatoris liberate.

Nescierunt neque
intellegerunt, in
tenebris ambulantes
movebuntur omnia
fundamenta terræ.

O MY Lord God, I so often take up
Thy prerogative, and pass judg-
ment on my fellow-men, but I myself
shall have to stand before Thee to be
judged.

How often do I judge unjustly and
without care ! How often I give a
more favourable judgment to the
wicked than to those of my own
household !

I must be kind to the poor and the
fatherless whom Thou, O Lord, dost
love. The humble and the poor whom
none consider are ever in Thy sight.

Thus, I will exert what influence I
have for the poor and needy, and
shield them from the hand of the
sinner.

They who judge severely of their
neighbour do so without understand-
ing. Their minds are really in dark-
ness ; and because of the unjust and
uncharitable judgments of men the very
foundations of society are disturbed.

Thou hast called us gods by giving us the power of judgment, but the power is to be exercised by us as beseems Thy children, always with reference to Thee and Thy judgment.

When we come to die we shall no longer be able to pass judgment on others. We shall be like dethroned princes.

Then Thou, O God, shalt be the sole Judge of all. By Thine own right Thou shalt judge all who are Thy servants.

Deus, quis similis. Ps. 82.

MY soul finding all the world set against its peace turns to Thee, my God. Who is like to Thee? Do not Thou leave me and refuse to come to mine aid.

For lo, the enemies of my soul are Thine enemies also. They who have hated Thee from the beginning have grown bold, and have raised their heads against Thee.

Guided by Satan, Thine arch enemy, they have united themselves against Thy people, and against all those who hope to serve Thee in holiness.

They have said to each other, "Come, let us destroy the influence of the Church; let us raise up discord amongst the members of God's Church. Let us crush them so that the very name of the Church shall be no longer remembered."

Ego dixi, Dii estis, et filii Excelsi omnes.

Vos autem sicut homines moriemini: et sicut unus de principibus cadetis.

Surge Deus, iudica terram; quoniam tu hæreditabis in omnibus gentibus.

DEUS, quis similis erit tibi? ne taceas neque compescaris, Deus.

Quoniam ecce inimici tui sonuerunt: et qui oderunt te, extulerunt caput.

Super populum tuum malignaverunt consilium: et cogitaverunt adversus sanctos tuos.

Dixerunt, Venite et disperdamus eos de gente: et non memoretur nomen Israel ultra.

Quoniam cogita-
verunt unanimiter ;
simul adversum te
testamentum dis-
posuerunt : taber-
nacula Idumæo-
rum, et Ismahelitæ.

Moab et Agareni,
Gebal et Ammon
et Amalec : alieni-
genæ cum habit-
antibus Tyrum.

Etenim Assur
venit cum illis :
facti sunt in ad-
jutorium filiis Lot.

Fac illis sicut
Madian et Sisaræ ;
sicut Jabin in tor-
rente Cisson.

Disperierunt in
Endor : facti sunt
ut stercus terræ.

Pone principes
eorum sicut Oreb
et Zeb, et Zebee
et Salmana.

Omnes principes
eorum, qui dixe-
runt : Hæreditate
possideamus sanc-
tuarium Dei.

Deus meus, pone
illos ut rotam ; et
sicut stipulam ante
faciem venti.

Sicut ignis, qui
comburit silvam, et
sicut flamma com-
burens montes :

Thine enemies are all agreed to-
gether. They have united their forces
to destroy Thy work in the world.

Even the wandering tribes are united
against Thy Church. The great na-
tions, they who live by war, and they
also who dwell at Tyre, *i.e.*, those who
are merchants, are in league against
Thee.

Mighty peoples join their hands with
the small and insignificant tribes, and
help them to fight against Thee.

Thine enemies of old have ex-
perienced Thy power, O God. Let
these of the present time feel Thy
power, and learn that Thou art God.

Let them and their designs be
brought to nothing.

Show Thy power, O Lord, and may
their leaders be of no account.

For the design of the princes of the
earth has been to usurp the power
that belongs to Thee alone,

Make their council to be unstable,
and their fury like chaff before the
wind.

Bring Thy wrath upon them like a
fire that burneth up the woods and a
flame that reacheth even to the hills.

So shalt Thou pursue them and keep them in a state of terror.

Shame, too, shall come upon all who fight against Thee. Then only can we hope that they may seek to know Thee, Lord.

For it is only the humiliation which will come upon them for a long time which will lead them to turn to Thee.

Then shall they know that Thou art their Lord, and that Thou art the Most High against whom none can stand.

Quam dilecta. Ps. 83.

O MY Lord, I will strive to appreciate the beauty of the life to which Thou hast called me. Thy home is indeed full of delight and beauty. Let me learn from the life in the cloister to long for Thy house of which this is only the court.

Make my heart ready to be Thy dwelling place, and my countenance joyful because of Thy presence, for Thou art the God of all life, and my true life is in union with Thee.

The sparrow finds a home for herself, and the dove a nest to lay her young.

My home and my nest are in the choir where I may be with Thee, my King and my God.

Blessed are they who in this life find a home where Thou dost dwell, and where they may begin even here the

Ita persequeris illos in tempestate tua : et in ira tua turbabis eos.

Imple facies eorum ignominia ; et quærent nomen tuum Domine.

Erubescant et conturbentur in sæculum sæculi : et confundantur et pereant.

Et cognoscant, quia nomen tibi Dominus ; tu solus Altissimus in omni terra.

Q U A M dilecta tabernacula tua Domine virtutum : concupiscit et deficit anima mea in atria Domini.

Cor meum et caro mea exultaverunt in Deum vivum.

Etenim passer invenit sibi domum ; et tutrur nidum sibi, ubi ponat pullos suos.

Altaria tua Domine virtutum, Rex meus et Deus meus.

Beati, qui habitant in domo tua Domine : in sæcula

sæculorum laudabunt te.

Beatus vir cujus est auxilium abs te ; ascensiones in corde suo disposuit in valle lacrymarum : in loco quem posuit.

Etenim benedictionem dabit legislator ; ibunt de virtute in virtutem : videbitur Deus deorum in Sion.

Domine Deus virtutum exaudi orationem meam : auribus percipe Deus Jacob.

Protector noster, aspice, Deus ; et respice in faciem Christi tui.

Quia melior est dies una in atriis tuis super millia.

Elegi abjectus esse in domo Dei mei : magis quam habitare in tabernaculis peccatorum.

Quia misericordiam et veritatem diligit Deus : gra-

work of praise which is to occupy them for ever and ever.

I cannot live this life by my own power, but I must look for all my help to Thee, my God. Thou wilt help me to raise my heart to Thee, to overcome all sorrow and sadness, and to come at last to the heaven which Thou hast prepared for me.

Thy blessing will enable me to do Thy holy will, and thus to rise from virtue to virtue till I come to see Thee as Thou art in Thy home and mine in heaven.

O Thou God of all power, hear my prayer, and listen patiently to me.

Be Thou my protector. Look not on my merits which are nothing, but on the kind face of my Lord and Saviour Jesus Christ who has given Himself for me.

Let me love the life to which Thou, my God, hast called me, and let me prefer it to all the liberty I could have without Thee in the world.

Let me be content to be of no account, and to be subject so that I may remain near Thee rather than have all the false delights of sin away from Thee.

I will strive with Thy help, my God, to learn to love what Thou lovest, mercy and kindness and truth, that Thou mayest give me Thy grace to

keep me constant, and the glory of Thy own home in heaven as a reward.

I can firmly trust in Thy goodness to me if I walk in innocence before Thee. O Thou God of all power and goodness, bless me with a lasting hope in Thee.

Benedixisti, Domine. Ps. 84.

HOW good Thou hast been to me, O my God ! Thou hast blessed me and freed me from the captivity of the world.

In Thy mercy, by the Passion of Thy Son, Thou hast covered my sins in the Sacrament of Penance.

How bitter might have been Thine anger against me if Thou hadst not had mercy ! How persistent Thy wrath if Thou hadst not turned it away !

Turn my heart yet more to Thee, O God my Saviour, and in Thy mercy turn away Thy just anger from me.

I cannot bear to think that Thou wilt be angry with me for ever. In Thy mercy do not visit upon me the sins of my youth.

Give to me, my God, a full vigorous spiritual life, then shall my heart rejoice with true joy in Thee.

Show me Thy mercy, my own good God, for without Thy help I cannot be safe.

I will be attentive to Thy voice in my heart, O Lord ; Thou dwellest

tiam et gloriam dabit Dominus.

Non privabit bonis eos, qui ambulant in innocentia : Domine virtutum beatus homo, qui sperat in te.

BENEDIXISTI Domine terram tuam : avertisti captivitatem Jacob.

Remisisti iniquitatem plebis tuæ : operuisti omnia peccata eorum.

Mitigasti omnem iram tuam : avertisti ab ira indignationis tuæ.

Converte nos, Deus salutaris noster : et averte iram tuam a nobis.

Numquid in æternum irasceris nobis ? aut extends iram tuam a generatione in generationem ?

Deus, tu conversus vivificabis nos ; et plebs tua lætabitur in te.

Ostende nobis Domine misericordiam tuam : et salutare tuum da nobis.

Audiam quid loquatur in me Dominus Deus : quo-

niam loquetur pacem in plebem suam :

Et super sanctos suos, et in eos, qui convertuntur ad cor.

Verumtamen prope timentes eum salutare ipsius ; ut inhabitet gloria in terra nostra.

Misericordia et veritas obviaverunt sibi : justitia et pax osculatæ sunt.

Veritas de terra orta est, et justitia de cœlo prospexit.

Etenim Dominus dabit benignitatem; et terra nostra dabit fructum suum.

Justitia ante eum ambulabit, et ponet in via gressus suos.

INCLINA Domine aurem tuam et exaudi me ; quoniam inops et pauper sum ego.

there to comfort me. Thy voice ever speaks to me of peace.

Thy voice urges me to strive after holiness. Thou wilt certainly speak to me if I attend to Thee with my whole heart.

If my soul is reverent to Thee Thou wilt keep me, and Thy glory will remain near to me even on earth, *i.e.*, the desire of eternal life will be ever with me.

Thy mercy and Thy truth meet in my soul. May Thy justice and Thy peace be united in me. Is not Thy justice, Lord, in my regard Thy demand that I should seek after perfection? In this alone shall my soul be at peace.

Thou demandest that though I am but earth I should walk sincerely before Thee. Thou hast come down from heaven to teach me the way of perfection.

It is for Thee, O Lord, to give me Thy own goodness that my heart may bear fruit pleasing to Thee.

Thy perfection, manifested by Thy divine Son in His life upon earth, shall be before me leading me, and Thou shalt place my feet in the way of His life that I may walk with constancy in His footsteps, and come to Thee.

Inclina, Domine. Ps. 85.

BEND down Thine ear to me, O Lord, for I am in great want of Thy help.

O take my soul under Thy protection, for Thou hast called me to serve Thee in holiness. Make me safe ; I long to serve Thee faithfully, and I put my trust wholly in Thee.

Have mercy on me, O Lord, for I have sinned against Thee. In my weakness I have cried to Thee for help. Do Thou give joy to my soul, for I have lifted up my soul to Thee.

Thou, O Lord, art sweet and mild, and Thou hast an infinite store of mercy for all who call upon Thee.

Listen, then, O Lord, to my prayer, and have regard to what I ask Thee.

I have come to Thee in past trouble, and Thou hast been kind to me. I will have courage to speak to Thee now.

There is none like to Thee, Lord, in kindness, and no one except Thee can bring infinite power to mine aid.

All the nations Thou hast made shall come with me and adore Thee through my worship of Thee, and the glory of the whole earth shall be given to Thee through me.

For Thou art infinite in Thy greatness, and omnipotent in Thy power. Thou alone art God.

Custodi animam meam, quoniam sanctus sum : saluum fac servum tuum, Deus meus, sperantem in te.

Miserere mei Domine, quoniam ad te clamavi tota die ; lætifica animam servi tui ; quoniam ad te Domine animam meam levavi :

Quoniam tu Domine suavis et mitis : et multæ misericordiæ omnibus invocantibus te.

Auribus percipe Domine orationem meam : et intende voci deprecationis meæ.

In die tribulationis meæ clamavi ad te ; quia exaudisti me.

Non est similis tui in diis Domine : et non est secundum opera tua.

Omnes gentes, quascumque fecisti, venient, et adorabunt coram te Domine : et glorificabunt nomen tuum.

Quoniam magnus es tu, et faciens mirabilia : tu es Deus solus.

Deduc me Domine
in via tua ; et in-
grediar in veritate
tua : lætetur cor
meum, ut timeat
nomen tuum.

Confitebor tibi
Domine Deus meus
in toto corde meo :
et glorificabo no-
men tuum in æter-
num.

Quia misericordia
tua magna est su-
per me : et eruisti
animam meam ex
inferno inferiori.

Deus, iniqui in-
surrexerunt super
me ; et synagoga
potentium quæsie-
runt animam me-
am : et non propo-
suerunt te in con-
spectu suo.

Et tu Domine
Deus miserator et
misericors : patiens
et multæ misericor-
diæ et verax.

Respice in me et
miserere mei ; da
imperium tuum
puero tuo : et sal-
vum fac filium
ancillæ tuæ.

Fac mecum sig-
num in bonum ;
ut videant qui ode-
runt me, et con-
fundantur : quo-
niam tu Domine
adjuvisti me et
consolatus es me.

Lead me in Thine own way, and I
will walk in great sincerity before
Thee. Let my heart rejoice, and in all
reverence I will call upon Thy holy
name.

My whole heart shall praise Thee, O
Lord my God, and I will constantly
glorify Thy holy name.

For Thou hast shown great mercy to
me, and from the degradation of my
past life Thou hast delivered my soul.

Still the evil spirits are risen up
against me, and they that are naturally
so much stronger than I have spared
no pains to follow me. They have
tried to hinder me from coming to
Thee.

But Thou art full of compassion and
mercy, long-suffering and merciful, and
so constant to Thy promises.

Look upon me, Lord, and have mercy
on me. Give me Thine own strength,
for I am Thy servant, and leave me
not to fall into the hands of Thine
enemies, for I am Thy child.

Give me a great trust in Thy good-
will towards me, so that the evil
spirits may see my confidence in Thee
and be confounded. Thou hast
helped me in the past, and hast
brought comfort to my soul. Help me
and comfort me again and again, my
good God.

Fundamenta ejus. Ps. 86.

THE foundations of Thy Church, O God, are laid on the mountain of holiness. The gates of Thy Church, the entrances to a holy life, are loved by Thee beyond all the material forces of Holy Church.

The glories of sanctity which belong only to Thy Church, O God, shall be in my mouth and my heart for ever.

I will not forget Thy providence which spread abroad the knowledge of Thy holy Name, even by the captivity of Thy people in Egypt and Babylon.

None are excluded from Thy Church, whether they are immersed in business as were the Tyrians, or living a wild, untamed life as did the Ethiopians.

Still, though Thy Church may gain great position and much glory because of the great numbers which flock to her, her chief glory is that she is Thy work. Give me, too, the joy of being wholly Thine.

Thou, O Lord, wilt bring it about that the record of the life of Thy Church shall be kept before the nations of the earth.

The city Thou hast founded shall be full of joy. Grant, O my God, that my life also may have a little of Thy own joy in it. Let me rejoice in my time in the increase of Thy Church, both in number and in sanctity.

FUNDAMENTA ejus
in montibus sanc-
tis : diligit Domi-
nus portas Sion
super omnia taber-
nacula Jacob.

Gloriosa dicta sunt
de te, civitas Dei.

Memor ero Ra-
hab et Babylonis,
scientium me.

Ecce alienigenæ
et Tyrus et po-
pulus Æthiopum :
hi fuerunt illic.

Numquid Sion
dicet : Homo, et
homo natus est in
ea : et ipse fun-
davit eam Altissi-
mus.

Dominus narrabit
in scripturis popu-
lorum et principum:
horum, qui fuerunt
in ea.

Sicut lætantium
omnium habitatio
est in te.

Domine Deus salutis. Ps. 87.

DOMINE Deus salutis meæ, in die clamavi, et nocte coram te.

Intrèt in conspectu tuo oratio mea : inclina aurem tuam ad precem meam.

Quia repleta est malis anima mea : et vita mea inferno appropinquavit.

Æstimatus sum cum descendentibus in lacum : factus sum sicut homo sine adjutorio, inter mortuos liber.

Sicut vulnerati dormientes in sepulchris ; quorum non es memor amplius : et ipsi de manu tua repulsi sunt.

Posuerunt me in lacu inferiori ; in tenebrosis et in umbra mortis.

Super me confirmatus est furor tuus : et omnes fluctus tuos induxisti super me.

Longe fecisti notos meos a me : posuerunt me abominationem sibi.

O LORD my God, who hast purchased salvation for me, to Thee do I cry both in the day and during the night.

My prayer shall always be in Thy presence, and if I am attentive to Thee Thou wilt certainly hear me, for Thou art ever ready to listen to those who serve Thee reverently.

My soul is troubled with distracting and evil thoughts ; my life seems like the life of the lost who obtain no help from Thee.

I am as if I were lost. I can rely on no one, for no man can help me. I have no interest in what happens about me. Nothing rouses my heart.

I am indeed as if dead, and like one thrown among the slain of whom no one has any remembrance. I am even as if left by Thee, my God, and Thou seemest to have no care of me.

My troubles have brought me almost to despair. I can think of no lower depth into which I may sink.

It is as if Thou wert for ever angry with me, and there seems to be no limit to my desolation. Sadness overwhelms me as the waves of the sea.

Even my friends abandon me, and I fancy they look on me with loathing. It seems to me that they must have heard of my sins, and that they despise me utterly.

I am as if confined to a prison out of which I cannot escape, and sorrow and sadness are with me.

O my Lord, I cry to Thee all the day, and I raise my hands to Thee in prayer.

Am I not sunk too far for even Thy hand to reach me? Art Thou waiting for some servant of Thine to come and rouse me?

Can I think of Thy mercy in the grave, or dwell on Thy truth when I am so lost to all that is good?

I seem unable to think of Thy great power, or to remember to make any effort towards perfection.

Yet will I cry to Thee and come before Thee in prayer. I will make fresh efforts every morning, and hope that Thou, my Lord, wilt at last hear me.

Do not spurn the prayer that I pour out before Thee. Turn not Thy face wholly from me.

I am so poor, have pity on me. My life has been one of effort before this trouble came upon me. I was able to rise to Thee, my God, in prayer; but now I am humbled to the earth in my distress.

In my misery it seems to me Thine anger can go no further, and Thy greatest terrors have come upon me.

Traditus sum, et non egrediebar : oculi mei languerunt præ inopia.

Clamavi ad te Domine tota die : expandi ad te manus meas.

Numquid mortuis facies mirabilia ? aut medici suscitabunt, et confitebuntur tibi ?

Numquid narrabit aliquis in sepulchro misericordiam tuam, et veritatem tuam in perditione ?

Numquid cognoscitur in tenebris mirabilia tua, et justitia tua in terra oblivionis ?

Et ego ad te Domine clamavi ; et mane oratio mea præveniet te.

Ut quid Domine repellis orationem meam ; avertis faciem tuam a me ?

Pauper sum ego et in laboribus a juventute mea : exaltatus autem, humiliatus sum et conturbatus.

In me transierunt iræ tuæ : et terrores tui conturbaverunt me.

Circumdederunt
me sicut aqua tota
die : circumdederunt
me simul.

Elongasti a me
amicum et proximum ;
et notos
meos a miseria.

MISERICORDIAS DOMINI
in æternum
cantabo.

In generationem
et generationem,
annuntiabo veritatem
tuam in ore
meo.

Quoniam dixisti,
In æternum misericordia
ædificabitur in cœlis :
præparabitur veritas
tua in eis.

Disposui testamentum
electis meis,
juravi David servo
meo : Usque in
æternum præparabo
semen tuum.

Et ædificabo in
generationem et
generationem
sedem tuam.

Confitebuntur cœli
mirabilia tua
Domine ; etenim

There is no escape for me if Thou, O Lord, dost not relent. No friend can help me, and no neighbour if Thou withhold Thy grace. There is nothing but misery for me to be acquainted with. In Thy mercy deliver me from this death, and bring life once more to Thy servant.

Thou hast left me no friend to help me, and no neighbour to have pity on me. All my help must come from Thee. In my misery pity me, Lord, and restore me once more to Thy favour.

Misericordias Domini. Ps. 88.

O MY Lord, my song shall ever be
in praise of Thy merciful kindness to me.

Grant that I may ever show forth Thy fidelity, and urge others to put their trust in Thee, because of Thy constant mercy to me.

Thou hast promised from the beginning that the sign of Thy mercy shall be shown in the heavens, and Thy fidelity to Thy promises shall be as manifest as if it were raised in the sky.

Thou didst make a solemn promise to David Thy servant that his seed should never fail ;

And in the establishment of Thy Church by Thy own Son, the Son of David, Thou hast built up a throne that shall last for ever.

The angels in heaven shall praise Thy wondrous works, and Thy truth

shall be glorified in the faith of Thy Church upon earth.

There is none like to Thee even among the angels, for not even those that are nearest to Thee in nature can be compared with Thee, my God.

Thou receivest Thy chief glory from the Church of Thy saints. Thou art ever held in fear and reverence in all the court of heaven.

There is none like to Thee, my God. Thou art omnipotent, and Thy fidelity surrounds Thee on all sides.

Thy power is seen in Thy command of the sea, and Thou hast stilled the tempest with a word.

Thou hast humbled to the dust the proud man who stood up against Thee. Thou hast scattered Thine enemies with the greatest ease.

To Thee belong the heavens and the earth, and all the riches of the earth are Thine. The north is Thine, and the south where lies the Red Sea.

The mountains on the east and west rejoice in being subject to Thee. Thine arm is most powerful.

May Thy kind hand be strengthened upon the whole earth, and Thy right

veritatem tuam in ecclesia sanctorum.

Quoniam quis in nubibus æquabitur Domino ? similis erit Deo in filiis Dei ?

Deus, qui glori-
ficatur in consilio
sanctorum, magnus
et terribilis super
omnes, qui in cir-
cuitu ejus sunt.

Domine Deus
virtutum quis simi-
lis tibi ? potens es
Domine et veritas
tua in circuitu tuo.

Tu dominaris po-
testati maris : mo-
tum autem fluctu-
um ejus tu mitigas.

Tu humiliasti,
sicut vulneratum,
superbum : in bra-
chio virtutis tuæ
dispersisti inimicos
tuos.

Tui sunt cœli et
tua est terra ; or-
bem terræ et pleni-
tudinem ejus tu
fundasti : Aquilo-
nem et mare tu
creasti.

Thabor et Her-
mon in nomine tuo
exultabunt : tuum
brachium cum po-
tentia.

Firmetur manus
tua et exaltetur
dextera tua : justi-

tia et iudicium
præparatio sedis
tuæ.

Misericordia et
veritas præcedent
faciem tuam ; bea-
tus populus, qui
scit jubilationem.

Domine in lumine
vultus tui ambu-
labunt ; et in no-
mine tuo exulta-
bunt tota die : et
in iustitia tua ex-
altabuntur.

Quoniam gloria
virtutis eorum tu-
es : et in benepla-
cito tuo exaltabitur
cornu nostrum.

Quia Domini est
assumptio nostra,
et sancti Israel
regis nostri.

TUNC locutus es
in visione sanctis
tuis et dixisti ; Po-
sui adjutorium in
potente : et exal-
tavi electum de
plebe mea.

Inveni David ser-
vum meum : oleo
sancto meo unxi
eum.

hand guide the souls of men. Thou guidest those whom Thou hast chosen by holiness and prudence, which make ready the hearts of men to be Thy throne.

Thy mercy and Thy fidelity shine out from Thy face, O blessed are those souls who know the gladness of trusting in Thee, my good God !

They shall walk confidently in the light of Thy countenance. They shall have joy in Thy holy name all the day, because they belong to Thee ; and in the perfection to which Thou, O Lord, dost graciously lead them they shall be in honour before Thee.

For all we do for Thee is Thine. Thine is the power by which we do it. According to Thy will shall our power be exercised.

Thou, O my God, art my helper and my defender, and the upholder of the Holy One, our King.

Division of Ps. 88 in Benedictine Breviary.

THOU hast let us know by Thy secret way of speaking to our hearts that Thy help shall be given to one who is powerful with Thy strength, and whom Thou hast chosen out of the people.

Thou hast found a faithful soul in the Son of David, and Thou hast anointed Him to rule over Thy Church, so that by Thine anointing He becomes our Christ.

Thy hand shall ever help Him, and
Thine arm strengthen Him.

And the evil spirits shall have no
power over Him, nor the devil be able
to hurt Him.

For Thou, O God, fightest on His
side, and His enemies Thou cuttest
down before Him. Thou puttest to
flight all who stand up against Him.

Thou wilt be faithful to Him and
merciful to us who follow Him. His
power shall be exalted in the earth.

When He has established the Church
Thou wilt give him sway over the
distant seas, and influence over all the
merchandise of the earth.

He shall cry to Thee and give those
whom Thou wilt give to Him the right
to cry to Thee as my soul cries now:
Thou art my Father, my God, my
support in the work of my salvation.

And Thou, my God, wilt give me
also the rights of Thy only begotten
Son—rights which make a soul faithful
to Thee, and far above all the kings of
the earth.

Thou wilt have mercy on His ser-
vants for ever, and keep faithful to
Thy promises.

And His seed, *i.e.*, those who are
true to the faith Thy Son has im-
planted, Thou wilt preserve for ever,
and the throne He has established like
the everlasting stars.

Manus enim mea
auxiliabitur ei : et
brachium meum
confortabit eum.

Nihil proficiet in-
imicus in eo : et
filius iniquitatis
non apponet nocere
ei.

Et concidam a
facie ipsius inimi-
cos ejus : et odien-
tes eum in fugam
convertam.

Et veritas mea et
misericordia mea
cum ipso : et in
nomine meo exalta-
bitur cornu ejus.

Et ponam in
mari manum ejus :
et in fluminibus
dexteram ejus.

I p s e invocabit
me, Pater meus es
tu : Deus meus et
susceptor salutis
meæ.

Et ego primogeni-
tum ponam illum
excelsum præ re-
gibus terræ.

In æternum ser-
vabo illi misericor-
diam meam : et
testamentum me-
um fidele ipsi.

Et ponam in sæ-
culum sæculi semen
ejus ; et thronum
ejus sicut dies cœli.

Si autem dereliquerint filii ejus legem meam ; et in judiciis meis non ambulaverint :

Si justitias meas profanaverint ; et mandata mea non custodierint :

Visitabo in virga iniquitates eorum ; et in verberibus peccata eorum.

Misericordiam autem meam non dispergam ab eo : neque nocebo in veritate mea.

Neque profanabo testamentum meum : et quæ procedunt de labiis meis, non faciam irrita.

Semel juravi in sancto meo, si David mentiar : semen ejus in æternum manebit.

Et thronus ejus sicut sol in conspectu meo ; et sicut luna perfecta in æternum : et testis in cælo fidelis.

Tu vero repulisti et despexisti ; distulisti Christum tuum.

Evertisti testamentum servi tui ; profanasti in terra sanctuarium ejus.

But if His children forsake Thy law, and walk not according to the judgment Thou wilt put in their hearts,

If they are not reverent in Thy worship, and keep not Thy commandments,

Thou wilt surely punish them.

Yet Thy mercy Thou wilt not wholly take away, nor shall the faith that Thy Son has given to us fail.

Neither wilt Thou break Thy promises to us, nor shall the words of Thy voice in our hearts be wholly void.

For Thou hast sworn to us in Thy tabernacle where Thy Son dwells, and no lie can be found in Thy mouth. Thou hast sworn to be faithful whilst we are faithful to Thee.

As long as the sun shall shine and the moon give her light, Thy throne shall be in the heart of Thy faithful servant. Thou art the faithful witness in heaven of the trust we may put in Thee.

How often have I rejected and despised Thy Christ ! How often have I lost patience in my service of Thee !

How often I have been unfaithful to Thee, my good God, and profaned the sanctuary of my own soul where Thou wishest to dwell !

I have broken down the guards of my fidelity, and been in fear because of my negligence that the citadel of my heart would be stormed by the enemy.

I have let my heart be robbed of the attention I owed to Thee; and all those who have known me have been scandalized by my carelessness.

I have indeed taken the part of Thine enemy, so that he was ready to rejoice over my desertion of Thee.

I have not cried to Thee for help. I have not corresponded with the graces Thou, my God, hast sent me.

My praise of Thee had ceased, and my own soul I have cast down upon the ground.

I have shortened the time of Thy service. I have made Thy servants to be ashamed of me.

How long, O Lord, dost Thou leave me to myself? In Thy mercy be not angry with me.

Remember how weak I am by nature, and that without Thine aid no flesh could be saved.

Is there a man who can keep his life by his own power, and who shall avoid sin if Thou dost not assist him? Yea, that shall avoid most grievous sin?

Where then are the mercies Thou hast shown to weak men of old? Was

Destruxisti omnes sepes ejus : posuisti firmamentum ejus formidinem.

Diripuerunt eum omnes transeuntes viam : factus est opprobrium vicinis suis.

Exaltasti dextram deprimentium eum : lætificasti omnes inimicos ejus.

Avertisti adjutorium gladii ejus : et non es auxiliatus ei in bello.

Destruxisti eum ab emundatione ; et sedem ejus in terram collisisti.

Minorasti dies temporis ejus : perfudisti eum confusione.

Usquequo Domine avertis in finem : exardescet sicut ignis ira tua ?

Memorare quæ mea substantia : numquid enim vane constituisti omnes filios hominum ?

Quis est homo, qui vivet et non videbit mortem : eruet animam suam de manu inferi ?

Ubi sunt miserationes tuæ an-

tiquæ Domine ; sicut jurasti David in veritate tua ?

Memor esto Domine opprobrii servorum tuorum (quod continui in sinu meo) multarum gentium.

Quod exprobraverunt inimici tui Domine : quod exprobraverunt commutationem Christi tui.

Benedictus Dominus in æternum : fiat, fiat.

DOMINE refugium factus es nobis, a generatione in generationem.

Priusquam montes fierent aut formaretur terra et orbis : a sæculo et usque in sæculum tu es Deus.

Ne avertas hominem in humilitatem : et dixisti, Convertimini, filii hominum.

Quoniam mille anni ante oculos tuos tanquam dies hesterna, quæ præteriiit.

Et custodia in nocte, quæ pro nihilo habentur, eorum anni erunt.

not David also a sinner ? But Thou hadst mercy on him.

O Lord, be not forgetful of the reproach I willingly bore when Thou wast kind to me, the reproach which came from Thy many enemies.

For Thine enemies reproach me now as if Thy mercy were exhausted. I will still hope in Thee, my God.

Blessed be Thou, my Lord and my God, my hope for evermore. Amen. Amen.

Domine, refugium. Ps. 89.

THOU, O Lord, art ever the refuge and protection of those who serve Thee.

Thy kindness is manifested because the fleeting years of man's life are as nothing to Thine eternity. Before the world was made and the mountains stood up out of the waters Thou wast God.

Do not Thou leave me to myself, giving me a command to turn to Thee, and then not helping me by Thy grace.

For the life of man, yea even a thousand years, is as nothing in Thy sight. Like a day that is passed away, leaving no trace behind.

Or like a watch in the night when the relief has come ; or as something that is of no account, so are the years of man's life.

In the morning he springs up like grass, and flourishes for a brief space, then passes away, and in the evening he is cut down like grass, grows dry and is withered up.

It is because Thou hast been angry with me that I have fainted away, and Thine indignation has grievously troubled me.

Thou hast set my sins before Thine eyes, and my whole life in the fierce light of Thy countenance.

In that light all my days are worthless before Thine anger. They have been reduced to nothing.

The whole of my life is seen to be filled with useless labour like a spider weaving a web that has no abiding strength. The utmost span of man's life is threescore and ten.

And if in an exceptional case a man liveth four score years, what is there but more labour and sorrow?

For there is nothing but humiliation for the old and most severe rebukes.

Who can know how far he has provoked Thine anger, and what retribution he is to receive?

Grant that I may know the punishment Thy right hand may mete out for me, that I may be wise in heart and no longer provoke Thee.

Mane sicut herba transeat : mane floreat et transeat : vespere decidat, induret et arescat.

Quia defecimus in ira tua ; et in furore tuo turbati sumus.

Posuisti iniquitates nostras in conspectu tuo ; sæculum nostrum in illuminatione vultus tui.

Quoniam omnes dies nostri defecerunt : et in ira tua defecimus.

Anni nostri sicut aranea meditabuntur : dies annorum nostrorum in ipsis septuaginta anni.

Si autem in potentatibus octoginta anni, et amplius eorum labor et dolor.

Quoniam super-venit mansuetudo : et corripiemur.

Quis novit potestatem iræ tuæ ; et præ timore tuo iram tuam dinumerare ?

Dexteram tuam sic notam fac ; et eruditos corde in sapientia.

Convertere Domine usquequo ? et deprecabilis esto super servos tuos.

Repleti sumus mane misericordia tua : et exultavimus et delectati sumus omnibus diebus nostris.

Lætati sumus pro diebus, quibus nos humiliasti : annis, quibus vidimus mala.

Respice in servos tuos et in opera tua ; et dirige filios eorum.

Et sit splendor Domini Dei nostri super nos ; et opera manuum nostrarum dirige super nos : et opus manuum nostrarum dirige.

QUI habitat in adiutorio Altissimi, in protectione Dei cœli commorabitur.

Dicet Domino, Susceptor meus es tu, et refugium meum : Deus meus sperabo in eum.

Quoniam ipse liberavit me de laqueo venantium ;

Turn to me, O Lord, and let my prayers prevail upon Thee to have mercy on me.

If Thou hear my prayer I shall be filled with Thy mercy, and I shall have joy all the days of my life.

My joy shall be more abundant because of the long period in which Thou hast humbled me, and for the years in which I have experienced the evils of separation from Thee.

Look, then, kindly on Thy servant and upon the works of Thy hand and lead Thy child aright.

Let the brightness of Thy countenance shine upon me, my own good God, and do Thou guide my hands from above. Direct me, O Lord, in all the work I do for Thee.

Qui habitat. Ps. 90.

HAPPY is the man who trusts constantly in Thy help, O Lord God Most High, for he shall dwell at peace under Thy protection.

I will speak to Thee, my Lord, for Thou art my protector, my fortress to whom I can fly ; my God in whom I will place all my trust.

Thou hast rescued me from the snare of the evil one. He has striven to make me lose confidence in Thee and to trust in myself ; he has sought to disturb me by the sharp criticism to which I have been exposed. But

Thou, my good God, hast taught me how to disregard these temptations.

Thou wilt screen me yet more from his attacks with Thy strength. Thou wilt comfort me under Thy wings.

Thy truth will be to me a shield giving me right principles whereby to repel the attacks of Satan. I will rely on Thee, my God, and not be cast down when I am assaulted in the night.

I will not fear for the attacks that come upon me openly, or those that assail my soul in secret ; nor for such as come upon me in the full glare of day.

A thousand who trust not in Thee, my God, may fall beside me, and ten thousand close to my right hand. But by Thy protection their fall shall not hurt me.

Their fall shall be only a warning to me, and I shall know what Thou wilt do to them for their sin.

For Thou, O Lord, art my hope ; Thou the Most High art my refuge, my safe retreat.

No evil can harm me, and no trial can come upon me save such as Thou in Thy wisdom shalt see is good for me.

Thou hast given Thy angels charge over me ; they will keep me in all my ways, and will save me from harm.

They shall bear me up in their hands lest I hurt my foot against a stone. O Lord, my God, how kind Thou art to

et a verbo aspero.

Scapulis suis
obumbrabit tibi :
et sub pennis ejus
sperabis.

Scuto circumda-
bit te veritas ejus :
non timebis a
timore nocturno :

A sagitta volante
in die ; a negotio
perambulante in
tenebris ; ab in-
cursu et dæmonio
meridiano.

Cadent a latere
tuo mille ; et de-
cem millia a dex-
tris tuis : ad te
autem non appro-
pinquabit.

Verumtamen ocu-
lis tuis considera-
bis : et retributio-
nem peccatorum
videbis.

Quoniam tu es
Domine spes mea ;
Altissimum posuis-
ti refugium tuum.

Non accedet ad
te malum : et fla-
gellum non appro-
pinquabit taberna-
culo tuo.

Quoniam Angelis
suis mandavit de
te : ut custodiant
te in omnibus viis
tuis.

In manibus por-
tabunt te ; ne forte

offendas ad lapidem pedem tuum.

Super aspidem et basiliscum ambulabis ; et conculcabis leonem et draconem.

Quoniam in me speravit, liberabo eum : protegam eum, quoniam cognovit nomen meum.

Clamabit ad me, et ego exaudiam eum ; cum ipso sum in tribulatione : eripiam eum et glorificabo eum.

Longitudine dierum replebo eum : et ostendam illi salutarem meum.

BONUM est confiteri Domino, et psallere nomini tuo Altissime.

Ad annuntiandum in a n e misericordiam tuam, et veritatem tuam per noctem.

In decachordo, psalterio, c u m cantico in cithara.

Q u i a delectasti me Domine in factura tua : et in

me, and how little I have deserved Thy kindness !

In Thy strength I shall have power over the enemies of my soul. Neither poisoned words nor great strength shall be able to harm me.

Thou wilt say to my soul, " Put thy trust in Me and I will deliver thee ; thou shalt have my sure protection. Thou shalt know My Name that thou mayest call Me at once to thine assistance."

Help me, then, O Lord, for I will cry to Thee and trust that Thou wilt hear me. Be with me when I am in trouble ; snatch me from danger, and give me the glory of serving Thee faithfully.

As a last blessing show me yet more of Thy Son, my Salvation. Grant me time to contemplate Thy goodness and kindness to me during my whole life.

Bonum est confiteri. Ps. 91.

IT is good for me to give all the praise I can to Thee, my Lord, and to sing to Thy holy name in the Divine Office, for Thou art the Most High God.

The burden of my song shall be Thy mercy to me, giving me a new day wherein to praise Thee and meditate on Thy fidelity to me in the quiet of the night.

I will stint no trouble in Thy service, but will strive to give Thee the best I am able.

For Thou hast allowed me to see and appreciate Thy noble work for the

souls of men, and Thou hast given me joy in feeling the influence of Thy hand upon me.

How great, how worthy of all praise are Thy works ! How profound are Thine eternal thoughts for man !

The foolish sinner has no knowledge of Thee, nor has he any appreciation of all Thy doings.

The brief life of the sinner and his seeming prosperity

Are only the prelude of eternal death in the next life. But Thou, O Lord, remainest for ever the Most High God.

All Thine enemies, O Lord, yea, every one of them shall perish, and all the workers of iniquity shall be scattered before Thy face.

But through Thy mercy I shall grow in strength, and my age shall be made fruitful in good works.

I shall see the downfall of the evil spirits who have risen up against me.

But the just who serve Thee faithfully shall flourish as a palm-tree and like a cedar of Libanus.

operibus manuum
tuarum exultabo.

Quam magnifica
sunt opera tua
Domine : nimis
profundæ factæ
sunt cogitationes
tuæ.

Vir insipiens non
cognoscet : et stultus
non intelliget
hæc.

Cum exorti fuerint
peccatores sicut fœnum ;
et apparuerint omnes qui operantur
iniquitatem :

Ut intereant in
sæculum sæculi : tu
autem Altissimus in
æternum Domine.

Quoniam ecce
inimici tui Domine ;
quoniam ecce inimici
tui peribunt :
et dispergentur omnes,
qui operantur
iniquitatem.

Et exaltabitur sicut
unicornis cornu
meum et senectus
mea in misericordia
uberi.

Et despexit oculus
meus inimicos meos :
et in insurgentibus
in me malignantibus
audiet auris mea.

Iustus ut palma
florebit ; sicut cedrus
Libani multiplicabitur.

Plantati in domo
Domini ; in atriis
domus Dei nostri
florebunt.

Adhuc multiplica-
buntur in senecta
uberi : et bene
patientes erunt, ut
annuntient.

Quoniam rectus
Dominus Deus no-
ster : et non est
iniquitas in eo.

They whom Thou hast planted in
Thy own house shall grow in grace in
the courts thereof, *i.e.*, in the religious
houses which are to so many souls the
court of heaven.

They shall, by Thy blessing, increase
also in number and keep their fervour
even to old age.

They shall manifest to the world
how just Thou art to them that serve
Thee, O my God, and that none need
fear that Thou wilt deal ungenerously
with Thy servants.

Dominus regnavit. Ps. 92.

DOMINUS regna-
vit, decorem in-
dutus est : indutus
est Dominus forti-
tudinem, et præ-
cinxit se.

O MY Lord, take up Thy kingdom in
my heart, and clothe Thyself
with beauty in my sight that I may
praise Thee with all the power Thou
hast given to me. Show forth Thy
power and subdue all the enemies
of my soul. Let there be nothing in
me which is not wholly subject to
Thee.

Etenim firmavit
orbem terræ, qui
non commovebitur.

Thou hast always been constant in
Thy love and care of me. Keep me
for Thyself for ever.

Parata sedes tua
ex tunc : a sæculo
tu es.

Thou hast chosen my heart from
eternity to dwell in, O my God.
Prepare it for Thyself and stay with
me for ever.

Elevaverunt flu-
mina Domine :
elevaverunt flumi-
na vocem suam.

The floods of Thy grace have been
poured out in my soul, O Lord, and
Thou hast often spoken to my heart
so that I have not been able to drown
Thy voice.

I have been compelled to listen to Thee.

Thy goodness to me is very wonderful. I have so little deserved Thy grace. May Thy goodness lead me even to Heaven that I may praise Thee for ever.

But Thy greatest grace and the most powerful incentive to effort is the life of Thy Son. I must learn the lesson of that life and thus make my heart a more worthy dwelling for Thee, my God.

Deus ultionum. Ps. 93.

VENGENCE belongs to Thee, O Lord. Thou canst punish all sinners when Thou wilt.

We cry to Thee to requite the proud enemies of Thy Church according to Thy just judgment, and to bring upon them the punishment they deserve.

How long, O Lord, wilt Thou allow sinners to boast of their evil deeds against Thy servants?

Wilt Thou allow them to utter their impiety and speak abroad their iniquity unpunished?

They have brought Thy people down to the dust; they have spoiled Thine inheritance.

They have slain the widow and the man who was their guest, and orphans they have done to death.

Elevaverunt flumina fluctus suos a vocibus aquarum multarum.

Mirabiles elationes maris : mirabilis in altis Dominus.

Testimonia tua credibilia facta sunt nimis : domum tuam decet sanctitudo Domine in longitudinem dierum.

DEUS ultionum Dominus : Deus ultionum libere egit.

Exaltare, qui iudicas terram : redde retributionem superbis.

Usquequo peccatores Domine : usquequo peccatores gloriabuntur ?

Effabuntur et loquentur iniquitatem : loquentur omnes, qui operantur injustitiam ?

Populum tuum Domine humiliaverunt : et hæreditatem tuam vexaverunt.

Viduam et advenam interfecerunt : et pupillos occiderunt.

Et dixerunt, Non videbit Dominus, nec intelliget Deus Jacob.

Intelligite, insipientes in populo : et stulti, aliquando sapite.

Qui plantavit aurem, non audiet ? aut qui finxit oculum, non considerat ?

Qui corripit gentes, non arguet ; qui docet hominem scientiam ?

Dominus scit cogitationes hominum, quoniam vanæ sunt.

Beatus homo, quem tu erudieris Domine : et de lege tua docueris eum.

Ut mitiges ei a diebus malis, donec fodiatur peccatori fovea.

Quia non repellet Dominus plebem suam : et hæreditatem suam non derelinquet.

Quoadusque justitia convertatur in judicium ; et qui juxta illam, omnes qui recto sunt corde.

Quis consurget mihi adversus malignantes ? aut

And they said in their heart, " God will not see ; their God has no regard for them."

Take heed, ye that are without wisdom ; ye that act so foolishly learn wisdom.

Shall God who made man to hear, Himself not hear ? Shall God who gave us sight be Himself blind ?

He hath smitten the nations who served Him not in the past ; shall He have no rebuke for you ? He that giveth man the power of knowing, shall He be deceived ?

Thou, O Lord, knowest all the thoughts of man's mind and how vain they are.

Blessed is he whom Thou teachest, O Lord ; Thou shalt put Thy law into his heart.

Thou wilt give him peace of heart even when the days are evil until the wicked are dead and buried.

For Thou wilt not cast away them that are faithful to Thee, nor forsake Thy own inheritance.

The time appointed by Thee will come when justice shall speak its judgment, and then it will be found that the upright of heart shall be in close accord with it.

For the present I will hope that there may be found some who will take Thy

part against evil doers, and stand firm against the workers of iniquity.

If Thou, my Lord, hadst not given me confidence in Thy help I had almost despaired.

But in my own life when I called to Thee that my feet were slipping, I felt Thy mercy upholding me.

The more sorrow has been multiplied in my heart at the sight of the evil in the world, the more hast Thou consoled me in the depth of my soul.

I cannot think that the throne of evil, according to law (which makes laws that command what is evil) can have any lasting support from Thee.

Such harry the life of the just, and condemn the innocent to death.

Thou, O Lord, art my refuge. Thou, my God, givest me a strong hope.

Thou wilt surely visit their iniquity upon their heads. Their very malice shall undo them ; and Thou, our Lord and God, wilt bring them to destruction.

quis stabit mecum
adversus operantes
iniquitatem ?

Nisi quia Dominus
adjuvit me, paulo
minus habitasset in
inferno anima mea.

Si dicebam, Motus
est pes meus : mis-
ericordia tua Domi-
ne adjuvabat me.

Secundum multi-
tudinem dolorum
meorum in corde
meo : consolationes
tuæ lætificaverunt
animam meam.

Numquid adhæ-
ret tibi sedes ini-
quitatis, qui fingis
laborem in præ-
cepto ?

Captabunt in ani-
mam justi : et san-
guinem innocent-
em condemnabunt.

Et factus est
mihi Dominus in
refugium, et Deus
meus in adjuto-
rium spei meæ.

Et reddet illis
iniquitatem ipso-
rum ; et in malitia
eorum disperdet
eos : disperdet illos
Dominus Deus
noster.

Venite exultemus. Ps. 94.

VENITE, exultemus Domino, jubilemus Deo salutari nostro : præoccupemus faciem ejus in confessione, et in psalmis jubilemus ei.

MY soul will rejoice in Thee, my Lord ; do Thou grant me some little of Thine own joy to fill my heart. I will come into Thy presence with thanksgiving for all Thy benefits to me. I will show my joy by singing psalms to Thy praise.

Quoniam Deus magnus Dominus, et Rex magnus super omnes deos ; quoniam non repellat Dominus plebem suam : quia in manu ejus sunt omnes fines terræ, et altitudines montium ipse conspicit.

For Thou, O Lord, art the great God, and a great King above all who act as if they had divine power. In Thy hands are all the ends of the earth, and the heights of the mountains are Thine. There is no spot on the earth where Thine influence and power are not felt.

Quoniam ipsius est mare, et ipse fecit illud, et aridam fundaverunt manus ejus ; venite, adoremus, et procidamus ante Deum : ploremus coram Domino, qui fecit nos, quia ipse est Dominus Deus noster ; nos autem populus ejus, et oves pascuæ ejus.

The sea is Thine, for Thou didst make it, and Thy power it was that made the solid earth. I will come to Thee, my God, and fall down before Thee and adore Thee. Thou art my Maker and my Creator. Thou art the Lord our God. We are Thy people, and we look to Thee for our food and for protection.

Hodie si vocem ejus audieritis, nolite obdurare corda vestra ; sicut in exacerbatione secundum diem tentationis in deserto :

When I hear Thy voice to-day, for Thou wilt ever speak to me, I will not harden my heart as did Thy chosen people of old in the desert when they murmured against Thee, and tempted and provoked Thee so that Thou didst

show them Thy power in destroying many of them.

For forty years Thou wast offended with them, for they were ever hard of heart. They did not consider Thy ways, and being angry with them Thou didst let but two enter the Promised Land. Deal not so with me, O Lord, but speak to my heart and make me pliant to Thy will that I may always serve Thee faithfully.

Cantate Domino. Ps. 95.

I WILL praise Thee, O Lord, with an ever new song, for I will strive to make my desire of Thee more earnest each time I come before Thee. In the Divine Office I stand not alone, but give Thee the praise which the whole earth owes to Thee.

My praise shall consist in the imitation of Thy Son, my Lord, who manifests Thy name to man. My efforts to apply to my soul day by day the salvation He has purchased shall be my sincere praise of Thee, my God.

Thus shall I witness to the world Thy glory; and the wonders of Thy grace shall in Thy mercy be manifest in my life.

Thou art great, O Lord, and worthy of most sincere praise. Thou art to be approached in fear and great reverence. Thou art far beyond all who exalt themselves before men.

ubi tentaverunt me
patres vestri, probaverunt et viderunt opera mea.

Quadraginta annis
proximus fui generationi huic : et dixi, Semper hi errant corde : ipsi vero non cognoverunt vias meas, quibus juravi in ira mea, si introibunt in requiem meam.

CANTATE Domino
canticum novum :
cantate Domino
omnis terra.

Cantate Domino
et benedicite nomini ejus : annuntiate de die in diem salutare ejus.

Annuntiate inter gentes gloriam ejus ; in omnibus populis mirabilia ejus.

Quoniam magnus Dominus et laudabilis nimis : terribilis est super omnes deos.

Quoniam omnes
dii gentium dæ-
monia : Dominus
autem cœlos fecit.

Confessio et pul-
chritudo in con-
spectu ejus ; sanc-
timonia et magni-
ficentia in sancti-
ticatione ejus.

Afferte Domino
patriæ gentium ;
afferte Domino
gloriam et hono-
rem : afferte Do-
mino gloriam no-
mini ejus.

Tollite hostias et
introite in atria
ejus : adorate Do-
minum in atrio
sancto ejus.

Commoveatur a
facie ejus universa
terra : dicite in
gentibus, quia Do-
minus renavit.

Etenim correxit
orbem terræ, qui
non commovebi-
tur : judicabit po-
pulos in æquitate.

Lætentur cœli et
exultet terra ; com-
moveatur mare et
plenitudo ejus :
gaudebunt campi,
et omnia, quæ in
eis sunt.

It is Satan who tries to make men reverence anything apart from Thee. Thou madest the heavens to raise our minds to Thee.

The eternal praise and beauty of Thy nature are in Thine own vision ; Thy holiness and Thy majesty are manifested to man in the worship Thy chosen ones give to Thee in Thy sanctuary.

I will bring to Thy worship all the glory and honour I am able. I will give Thee also the glory the world refuses Thee. I will offer to Thy holy name all the praise I can.

My small sacrifices of time and ease I will offer to Thee, and these will make my adoration of Thee generous in Thy sight. Thus in the choir and in the sanctuary I will adore Thee as in the courts of heaven.

My prayer shall be that Thy greatness may rouse all the nations of the earth to Thy service. By the rule Thou bearest in my heart shall men learn that Thou art a King whom it is a joy to serve.

Thou hast established the earth firmly. Thou wilt judge Thy people with even justice.

Let the angels rejoice, let man be glad, let the sea exult, and let all the riches of the sea be given to Thee, O God. Let the fields rejoice, and every living thing on the earth be full of joy.

Then also shall every tree on the earth be glad before the face of my God, for Thou comest to judge the earth.

Thou wilt judge the world with justice, and all people Thou wilt judge in Thy truth. Grant, O my God, that I may be pleasing in Thy sight in that day.

Dominus regnavit. Ps. 96.

MY soul rejoices in Thy power, O Lord. Thy kindly rule makes the whole world rejoice. Even the islands afar off shall be glad.

The secrets of Thy nature are hidden in clouds and darkness. Thy relation to man is manifested by the justice and kind judgment Thou metest out to them.

Out of the cloud that surrounds Thee come lightnings and signs of infinite power which destroy all that opposes itself to Thy gentle and kind rule.

Thy lightnings have shown Thy power over the souls of men, beating down all that was against Thee. All that is of earth in man trembles and grows weak when Thou drawest near.

Even the strongest and most obstinate natures have been melted when Thou, O Lord, didst show Thyself to them.

The heavens, the saints, show forth the great power of Thine attraction over souls, and the whole world sees Thine inner glory in their lives.

Tunc exultabunt omnia ligna silvarum a facie Domini, quia venit : quoniam venit judicare terram.

Judicabit orbem terræ in æquitate ; et populos in veritate sua.

DOMINUS regnavit, exultet terra : lætentur insulæ multæ.

Nubes et caligo in circuitu ejus : justitia et judicium correctio sedis ejus.

Ignis ante ipsum præcedet ; et inflammabit in circuitu inimicos ejus.

Illuxerunt fulgura ejus orbi terræ ; vidit et commota est terra.

Montes sicut cera fluxerunt a facie Domini ; a facie Domini omnis terra.

Annuntiaverunt cœli justitiam ejus : et viderunt omnes populi gloriam ejus.

Confundantur omnes, qui adorant sculptilia, et qui gloriantur in simulacris suis.

Adorate eum, omnes Angeli ejus : audivit et lætata est Sion.

Et exultaverunt filiæ Judæ propter judicia tua Domine.

Quoniam tu Dominus altissimus super omnem terram : nimis exaltatus es super omnes deos.

Qui diligitis Dominum odite malum ; custodit Dominus animas sanctorum suorum : de manu peccatoris liberabit eos.

Lux orta est justo, et rectis corde lætitia.

Lætamini justi in Domino, et confitemini memoriæ sanctificationis ejus

But they who give their hearts to any idol of earth find that their lives are full of confusion.

May Thy holy angels whom Thou hast chosen to be Thy messengers adore Thee and praise Thee. May Thy Church hear and rejoice in the honour given to Thee.

May the daughters of Jerusalem, the chosen souls of Thy Church, be glad, because of the mercy of Thy rule, O my God.

For Thou hast shown to them Thy greatest power—Thy power over the weak human heart, how Thou canst subdue the last remnants of self-love in the soul.

Grant, O Lord, that all who love Thee may hate the evil still left in their hearts. Thou lovest to preserve the souls of Thy saints from all harm. Thou wilt snatch them from the hand of the sinner.

Thy light shineth on the souls of the just. The light of Thy Son's life giveth joy to all those who are right of heart.

Grant, O my Lord, that I may rejoice in Thee and serve Thee with a joyful heart. May I always keep in my heart the memory of Thy sanctity.

Cantate Domino. Ps. 97.

CANTATE Domino canticum novum : quia mirabilia fecit.

O MY God, I will sing a new song to Thee every day, for Thou art ever most wonderful in Thy patience with me.

Thou alone givest me the victory, and when I fail it is because I trust in myself and not in Thee. The victory is not for myself but for Thee, because I am Thine.

Thou hast clearly shown me Thy salvation, for Thou hast shown the beautiful life of Thy Son to the whole world.

Thou dost never cease to be merciful to me in my weakness. Thou showest forth Thy truth to me at all times if I keep my eyes fixed on Thee.

All the earth has seen Thy beauty in the life of Thy Divine Son.

Grant that all the world may have joy in Thee and sing to Thy praise. May all be filled with rejoicing and worship Thee in psalmody.

O may I use every means in my power to make Thy service complete.

With great joy I will come into Thy presence, for Thou art my Lord and my King. Thou art King also of the sea and the whole earth, and of all that dwell therein. I will voice their praise to Thee.

Grant that I may always serve Thee with joy. Shall I be silent when all nature rejoices in Thee? May I live in Thy presence and not fear to meet Thee when Thou comest to judge the world.

Salvavit sibi dextera ejus, et brachium sanctum ejus.

Notum fecit Dominus salutare suum : in conspectu gentium revelavit justitiam suam.

Recordatus est misericordiæ suæ, et veritatis suæ domui Israel.

Viderunt omnes termini terræ : salutare Dei nostri.

Jubilate Deo omnis terra : cantate et exultate et psallite.

Psallite Domino in cithara, in cithara et voce psalmi : in tubis ductilibus et voce tubæ corneæ.

Jubilate in conspectu regis Domini ; moveatur mare et plenitudo ejus : orbis terrarum et qui habitant in eo.

Flumina plaudent manu ; simul montes exultabunt a conspectu Domini : quoniam venit judicare terram.

Judicabit orbem
 terrarum in justitia,
 et populos in æquitate.

I will leave all judgment to Thee, for
 Thou comest to judge the earth. If I
 must judge, I will do so according to
 Thy judgment, and be mild and just.

Dominus regnavit. Ps. 98.

DOMINUS regnavit,
 irascantur populi :
 qui sedet super
 Cherubim,
 moveatur terra.

THOUGH the wicked rage against
 Thee, O Lord, I will acknowledge
 Thee as my King. Though my flesh
 may be troubled in Thy service, I beg
 of Thee to make firm Thy seat in the
 tabernacle of my heart, where, as in
 the Ark, Thou dwellest between the
 cherubim.

Dominus in Sion
 magnus, et excelsus
 super omnes
 populos.

In the choir of Thy chosen ones I
 shall have time to consider Thy greatness.
 Oh, of how much greater value
 Thou art than all the people who
 distract me !

Confiteantur nomini
 tuo magno ; quoniam
 terribile et sanctum est :
 et honor regis
 judicium diligit.

I will praise Thy holy name with
 great reverence. I will beg of Thee to
 make me holy, that I may be fit to
 pronounce Thy name. Give me the
 grace to enable me to praise Thee with
 my whole heart.

Tu parasti directiones :
 judicium et justitiam
 in Jacob tu fecisti.

My good God, Thou hast taken great
 pains to let me know Thy holy will ;
 even so Thou didst act when Thou
 didst judge the children of Israel.

Exaltate Dominum
 Deum nostrum ;
 et adorate scabellum
 pedum ejus : quoniam
 sanctum est.

In that day the people were called
 upon to adore the Ark on which Thy
 feet rested. I will be careful to be
 very reverent at the altar where Thou
 dwellest.

Moyses et Aaron
 in sacerdotibus
 ejus : et Samuel
 inter eos qui invocant
 nomen ejus.

Thy servants, Moses and Aaron, and
 Thy prophet Samuel were instant in
 prayer to Thee.

They called upon Thee, O Lord, and Thou didst hear them. Thou didst speak to the two first in the pillar of cloud.

They indeed kept Thy law and walked holily in all their ways.

Thou didst listen to the prayers of all the people of Israel when they were faithful to Thee, and Thou didst often pardon their sins. But when they left Thee, Thou didst show them how weak they were of themselves. So it is with me. I may trust most confidently in Thee when I am faithful, and I may look to Thee for pardon though I often fail. But if I trust in myself and leave Thee, I shall be in great danger.

So in the Holy Office in Thy sanctuary I will praise and glorify Thee for Thy great sanctity, and for all Thy goodness to me, my God.

Jubilate. Ps. 99.

THE praise I give to Thee, my God, must be full of joy and confidence. Give me grace to serve Thee joyfully and with a generous heart.

Let me not fear to go into Thy presence, for Thou art my own Lord and God who hast loved me, and given Thyself for me.

Thou hast made me and not I myself. I have nothing for which to praise or thank myself. Whatever I have is Thy gracious gift.

Invocabant Dominum, et ipse exaudivat eos ; in columna nubis loquebatur ad eos.

Custodiebant testimonia ejus, et præceptum, quod dedit illis.

Domine Deus noster tu exaudiebas eos ; Deus tu propitius fuisti eis : et ulciscens in omnes adinventiones eorum.

Exaltate Dominum Deum nostrum ; et adorate in monte sancto ejus : quoniam sanctus Dominus Deus noster.

JUBILATE Deo omnis terra : servite Domino in lætitia.

Introite in conspectu ejus in exultatione.

Scitote, quoniam Dominus ipse est Deus ; ipse fecit nos, et non ipsi nos.

Populus ejus, et
oves pascuæ ejus ;
introite portas ejus
in confessione :
atria ejus in hym-
nis, confitemini illi.

Laudate nomen
ejus, quoniam sua-
vis est Dominus ;
in æternum mise-
ricordia ejus : et
usque in genera-
tionem et genera-
tionem veritas ejus.

MISERICORDIAM et
judicium cantabo
tibi Domine.

Psallam et intel-
ligam in via imma-
culata ; quando ve-
nies ad me.

Perambulabam in
innocentia cordis
mei, in medio do-
mus meæ.

Non proponebam
ante oculos meos
rem injustam ; fa-
cientes prævarica-
tiones odivi.

Non adhæsit mihi
cor pravum : de-
clinantem a me
malignum non
cognoscebam.

Detrahentem se-
creto proximo suo,
hunc persequabar.

Superbo oculo, et
insatiabili corde,
cum hoc non ede-
bam.

Thou hast made me a member of
Thy own family, and hast chosen me
to belong to Thy most favoured flock.
Therefore, I will go to Thy work with
thanksgiving, and I will enter Thy
courts with hymns of praise on my
lips.

I will go to choir with joy and praise
Thee, not only for Thy power, but also
for Thy sweetness, Thy mercy, and
Thy truth.

Misericordiam. Ps. 100.

THY mercy to me and the equity of
Thy dealing with me shall be the
theme of my praise of Thee, O Lord.

I will sing Thy praises and strive to
understand how I may follow the way
of innocence before Thee. Do Thou,
my God, come to my assistance.

I dwell in Thy house, O Lord. Give
me grace to walk in innocence of heart
before Thee.

I will strive to keep no unjust or evil
purpose before mine eyes. I will hate
all that are deceitful in their dealings
with Thee.

I will not harbour a perverse heart in
my breast. I will try to drive even
from my thoughts all that is evil.

I will strive to correct any com-
panion of mine who slanders my
neighbour or uses harsh judgment
against him.

Proud looks shall be far from me,
and an uncontented heart shall not
abide in me.

But fixing mine eyes on those who in the past, or now in the community are faithful, I will spend my time with them. Thou, O Lord, who didst walk the perfect way, hast helped me. I will rely on Thee always.

Put from me all pride and injustice. Let me give no countenance to proud deeds or to evil talk.

Give me grace, O my God, that in the morning I may crush all tendency to sloth and evil in me. Help me to keep all sin from my heart, for I am in Thy city.

Domine, exaudi. Ps. 101.

HEAR my prayer, O Lord, and let my cry of distress come unto Thee.

Turn not away Thy face from me, my good God, nor discourage me from appealing to Thee in my trouble. Graciously bend down Thine ear to me.

In what day soever I shall call upon Thee hearken to me speedily.

For my life is passing away like smoke, and my very bones are as dry as the fuel ready for burning.

I am as dry as parched grass ; there is no vigour in my heart. Misery is so

Oculi mei ad fideles terræ, ut sedeant mecum : ambulans in via immaculata, hic mihi ministrabat.

Non habitabit in medio domus meæ, qui facit superbiam : qui loquitur iniqua non direxit in conspectu oculorum meorum.

In matutino interficiebam omnes peccatores terræ : ut disperderem de civitate Domini omnes operantes iniquitatem.

DOMINE exaudi orationem meam : et clamor meus ad te veniat.

Non avertas faciem tuam a me : in quacumque die tribulor, inclina ad me aurem tuam.

In quacumque die invocavero te, velociter exaudi me :

Quia defecerunt sicut fumus dies mei : et ossa mea sicut cremum aruerunt.

Percussus sum ut fœnum, et aruit cor meum ; quia

oblitus sum comedere panem meum.

A voce gemitus mei adhæsit os meum carni meæ.

Similis factus sum pellicano solitudinis : factus sum sicut nycticorax in domicilio.

Vigilavi, et factus sum sicut passer solitarius in tecto.

Tota die exprobrabant mihi inimici mei ; et qui laudabant me, adversum me iurabant.

Quia cinerem tanquam panem manducabam : et potum meum cum fletu miscebam.

A facie iræ et indignationis tuæ ; quia elevans allisti me.

Dies mei sicut umbra declinaverunt : et ego sicut fœnum arui.

Tu autem Domine in æternum permanes : et memoriale tuum in generationem et generationem.

Tu exurgens miseraberis Sion ; quia tempus miserendi ejus quia venit tempus.

much my lot that I have forgotten to eat my bread.

Because of my depression my bones have cleaved to my flesh.

I am become solitary as a pelican in the wilderness, or as a night-raven that flies about a ruined house in the dark.

I have spent sleepless nights, and am like a sparrow that sits alone on the house-top.

Mine enemies have heaped revilings upon me, and even my friends who of old had good words for me are now in league against me.

I have been in the lowest depths of misery, willing to eat ashes for bread, and to quench my thirst with tears.

For I have felt that Thou wast angry with me and enraged against me, otherwise why, after having raised me up, hast Thou now cast me down ?

My life has become dark like the shadow just before sunset, and I am withered up like grass.

But Thou, O my Lord, endurest for ever, and the memory of Thy kindness is green in every age.

Arise, then, and have mercy once more upon my soul which has been Thy dwelling. It is time to have mercy, surely the time has come.

For Thy saints have taken pleasure in helping me in the past, as the exiles from Sion delighted in her stones. Let them once more intercede with Thee to have pity on my weakness.

Thy kindness to me will make those who forget Thee have reverence for Thee, O Lord, and the rulers of this darkness, the evil spirits, will acknowledge Thy glory.

For Thou art the Creator of my soul, and Thou hast made it for Thine own glory.

Thou wilt have regard to the prayer of my heart, now thoroughly humbled before Thee. Thou wilt not despise my petition.

I will record Thy goodness for those who are to come after me, and souls not yet created will praise Thee because of Thy mercy to me, O Lord.

In Thy kindness Thou hast looked down from the height of Thy holiness. Out of heaven Thou hast deigned to cast Thine eyes on the earth.

That Thou mightest hear my prayer from the prison and from the chains of my misery. Thou hast also delivered the children of the slain, *i.e.*, those who have none to succour them.

I will sing to Thy holy name in the Church, and I will chant Thy praise in the home of holiness.

For the people will be gathered together, and the rulers of the earth to serve Thee.

Quoniam placuerunt servis tuis lapides ejus ; et terræ ejus miserebuntur.

Et timebunt gentes nomen tuum Domine ; et omnes reges terræ gloriam tuam.

Quia ædificavit Dominus Sion ; et videbitur in gloria sua.

Respexit in orationem humilium, et non sprevit precem eorum.

Scribantur hæc in generatione altera : et populus, qui creabitur, laudabit Dominum.

Quia prospexit de excelso sancto suo : Dominus de cœlo in terram aspexit :

Ut audiret gemitus compeditorum : ut solveret filios interemptorum :

Ut annuntient in Sion nomen Domini ; et laudem ejus in Jerusalem.

In conveniendo populos in unum ; et reges, ut serviant Domino.

Respondit ei in
via virtutis suæ :
Paucitatem die-
rum meorum nun-
tia mihi.

Ne revoces me
in dimidio dierum
meorum : in gene-
rationem et gene-
rationem anni tui.

Initio tu Domine
terram fundasti :
et opera manuum
tuarum sunt cœli.

Ipsi peribunt, tu
autem permanes ;
et omnes sicut ves-
timentum veteras-
cent.

Et sicut opertori-
um mutabis eos,
et mutabuntur : tu
autem idem ipse
es, et anni tui non
deficient.

Filii servorum
tuorum habitabunt :
et semen eorum in
sæculum dirigetur.

In Thine infinite strength, O Lord,
Thou dost bid us ponder on the short-
ness of life.

Take me not out of this life till I
have shown my love to Thee, my own
good God. Thy years are for ever and
ever.

Thou, O God, art the Lord of all, and
canst help me if Thou wilt. Thou
didst lay the foundations of the earth,
and the heavens are the work of Thy
hands.

They shall perish, but Thou en-
durest. They shall grow old and use-
less as a garment.

Thou shalt let them be subject of
change as a vesture. But Thou, my
God, art the self-same, and there is
no change in Thee.

Thou art ever merciful. Let the
children of Thy saints continue ; and
do Thou take them under Thine own
guiding hand and save them.

Benedic, anima. Ps. 102.

BENEDIC, anima
mea, Domino ; et
omnia quæ intra
me sunt, nomini
sancto ejus.

Benedic, anima
mea, Domino ; et
noli oblivisci om-
nes retributiones e-
jus.

I WILL bless Thee, O Lord, with my
whole soul, and my praise of Thy
holy name shall come from the very
depths of my heart.

My soul shall bless and praise Thee,
and shall not wilfully forget any of
Thy benefits to me.

Thou dost offer me forgiveness for all my sins, and a healing of all my weaknesses.

Thou hast redeemed my life from eternal death. Thou hast crowned my life with mercy and most tender compassion.

Thou hast in Thyself offered me the most perfect satisfaction of every desire of my soul. Thou hast enabled me to regain the innocence and strength of my youth.

Thou offerest me mercy and kind judgment, because I have been oppressed by sin.

Thou hast shown Thy will in giving me Thy law, and in Thy constant guidance of all who are faithful to Thee.

Thou, my Lord, art full of tender compassion for weak man. Thou hast ever been long-suffering, waiting for my repentance, and plenteous in mercy when I turned to Thee.

Thou wilt not be angry for ever, nor wilt Thou ask too much from Thy servants.

Thou wilt not exact the full punishment of my sins if I repent, nor wilt Thou requite me according to mine iniquity.

For as heaven where Thou, my God, dwellest is immeasurably above the earth, so is Thy mercy infinite to all who lovingly fear Thee.

Qui propitiatur omnibus iniquitatibus tuis : qui sanat omnes infirmitates tuas :

Qui redimit de interitu vitam tuam ; qui coronat te in misericordia et miserationibus :

Qui replet in bonis desiderium tuum : renovabitur ut aquilæ juvenus tua.

Faciens misericordias Dominus ; et iudicium omnibus injuriam patientibus.

Notas fecit vias suas Moysi ; filiis Israel voluntates suas.

Miserator et misericors Dominus : longanimis et multum misericors.

Non in perpetuum irascetur ; neque in æternum comminabitur.

Non secundum peccata nostra fecit nobis ; neque secundum iniquitates nostras retribuit nobis.

Quoniam secundum altitudinem cæli a terra, corroboravit misericordiam suam super timentes se.

Quantum distat
Ortus ab Occiden-
te ; longe fecit a
nobis iniquitates
nostras.

Quomodo misere-
tur pater filiorum :
misertus est Domi-
nus timentibus se :
quoniam ipse cog-
novit figmentum
nostrum.

Recordatus est,
quoniam pulvis
sumus ; homo sicut
fœnum dies ejus :
tanquam flos agri,
sic efflorescit.

Quoniam spiritus
pertransibit in illo,
et non subsistet ;
et non cognoscet
amplius locum
suum.

Misericordia au-
tem Domini ab
æterno ; et usque
in æternum super
timentes eum.

Et justitia illius
in filios filiorum ;
his, qui servavit
testamentum ejus :

Et memores sunt
mandatorum ipsius,
ad faciendum ea.

Dominus in cœlo
paravit sedem su-
am : et regnum
ipsius omnibus
dominabitur.

Beedicite Do-
mino, omnes An-
geli ejus ; potentes

As far as the east is from the west,
so far hast Thou separated my past
sins from me.

As a father hath pity upon his
children, so Thou, O Lord, hast pity
on all who fear Thee with a filial fear,
for Thou knowest with what weak-
nesses we are made.

Thou forgettest not that I am but
dust, and that my life is as grass, and
as the wild flower which blooms for
so short a time.

A cold wind passes over it and it
has no life, and no one shall be able
to find it again.

But Thy mercy is not passing, it is
eternal for them that fear Thee, O my
God.

Thy merciful justice is upon Thy
servants from generation to generation
whilst they are faithful to Thy co-
venant,

If mindful of Thy commandments
they keep them ;

Thou hast prepared Thy throne in
heaven that we may know the kindly
rule Thou wilt give to all.

Then I will join myself to Thine
angels, O Lord, for they are strong and

so perfectly fulfil Thy will. Listening attentively to Thy voice,

I will join myself to the whole choir of angels who have no other desire than to do Thy will.

I will bless Thee, O Lord, for all Thy works by which Thou graciously rulest over the whole universe. My soul giveth Thee praise and blessing for all.

Benedic, anima. Ps. 103.

I WILL bless Thee, O Lord, for Thou art infinitely great.

Thou hast clothed Thyself with qualities which demand our praise, and Thy works with exceeding beauty. Thou art clothed with light as with a garment.

Thou hast stretched out the heavens like a tent to protect us. Thou hast covered the height of the sky with clouds bearing water.

Thou makest the clouds Thy chariot, and movest on the wings of the winds.

Thou makest Thine angels to be spirits, and in their fervour as of fire they carry out Thy commands.

Thou hast made the firm earth, which shall not be moved for ever.

In the beginning Thou didst clothe the earth with the sea as a garment, so

virtute, facientes verbum illius : ad audiendam vocem sermonum ejus.

Benedicite Domino, omnes virtutes ministri ejus : qui facitis voluntatem ejus.

Benedicite Domino, omnia opera ejus ; in omni loco dominationis ejus : benedic, anima mea, Domino.

BENEDIC, anima mea, Domino : Domine Deus meus magnificatus es vehementer.

Confessionem et decorem induisti, amictus lumine sicut vestimento.

Extendens cœlum sicut pellem, qui tegis aquis superiora ejus.

Qui ponis nubem ascensum tuum : qui ambulas super pennas ventorum.

Qui facis angelos tuos spiritus ; et ministros tuos ignem urentem.

Qui fundasti terram super stabilitatem suam ; non inclinabitur in sæculum sæculi.

Abyssus, sicut vestimentum, amictus

ejus : super montes
stabunt aquæ.

Ab increpatione
tua fugient : a voce
tonitruī tui formi-
dabunt.

Ascendunt mon-
tes, et descendunt
campi, in locum,
quem fundasti eis.

Terminum posui-
sti, quem non trans-
gredientur : neque
convertentur oper-
ire terram.

Qui emittis fontes
in convallibus : in-
ter medium mon-
tium pertransibunt
aquæ.

Potabunt omnes
bestiæ agri : expec-
tabunt onagri in
siti sua.

Super ea volucres
cœli habitabunt :
de medio petra-
rum dabunt voces.

Rigans montes de
superioribus suis ;
de fructu operum
tuorum satiabitur
terra.

Producens fœ-
num jumentis ; et
herbam servituti
hominum.

Ut educas panem
de terra : et vinum
lætificet cor homi-
nis.

Ut exhilararet fa-
ciem in oleo ; et
panis cor hominis
confirmet.

that the waters stood above the
mountains.

But at Thy rebuke the waters fled ;
at the voice of Thy thunder they were
in fear.

Then the mountains appeared out of
the waters, and the lower ground was
freed from them according to Thy
design.

Thou didst draw a boundary for the
waters which they shall not pass, nor
ever return to cover the earth.

In Thy providence Thou didst send
forth the springs of water in the
valleys, and didst command the waters
to flow in the midst of the hills.

So that all the beasts of the field
might drink, and the wild beasts
quench their thirst.

Above them in the sky Thou didst
make the birds to dwell and sing to
Thee from the rocks of the mountains.

Thou hast provided water for the
hills from the heights, so that the
whole earth might be filled with fruits
from Thy kind hand.

Grass for the cattle, and herbs for
the use of man.

That Thou mightest bring bread
from the earth, and wine to cheer the
heart of man.

To make the face of man cheerful
with oil, and strengthen his heart with
bread.

The trees of the field shall have their use and the cedars of Libanus their glory. There the sparrows shall make their nests.

The heron shall find a home in the topmost branches. The hills shall be a refuge for the deer and the rocks for the conies.

Thou hast made the moon to mark the seasons, and hast taught the sun the time of his setting.

Thou hast appointed darkness for the night, and this shall be the feeding time for the beasts of the woods.

The young lions can come to take their prey, and they, too, shall receive their food from Thy hand.

When the sun rises they shall gather together and lie down in their dens.

Man shall go forth to his work, and to his labour until the evening.

How great and beautiful are all Thy works, O Lord! Thou hast indeed made all things in wisdom, and the earth is filled with riches from Thy hand.

Division of Ps. 103 in Benedictine Breviary.

THOU, O God, didst make the great sea, stretching wide its arms, wherein are innumerable living things ;

Saturabuntur ligna campi, et cedri Libani quas plantavit : illic passeret nidificabunt.

Herodii domus dux est eorum ; montes excelsi cervis : petra refugium herinaciis.

Fecit lunam in tempora : sol cognovit occasum suum.

Posuisti tenebras, et facta est nox ; in ipsa pertransiunt omnes bestię silvę.

Catuli leonum rugientes, ut rapiant, et quęrant a Deo escam sibi.

Ortus est sol, et congregati sunt : et in cubilibus suis collocabuntur.

Exibit homo ad opus suum, et ad operationem suam usque ad vesperum.

Quam magnificata sunt opera tua Domine : omnia in sapientia fecisti : impleta est terra possessione tua.

Hoc mare magnum et spatiosum manibus : illic reptilia, quorum non est numerus.

Animalia pusilla
cum magnis ; illic
naves pertransi-
bunt.

Draco iste, quem
formasti ad illu-
dendum ei : omnia
a te expectant, ut
des illis escam in
tempore.

Dante te illis
colligent : aperien-
te te manum tuam,
omnia implebuntur
bonitate.

Avertente autem
te faciem, turba-
buntur ; auferes
spiritum eorum et
deficient : et in pul-
verem suum rever-
tentur.

Emittes spiritum
tuum, et creabun-
tur et renovabis
faciem terræ.

Sit gloria Domi-
ni in sæculum :
lætabitur Dominus
in operibus suis.

Qui respicit ter-
ram, et facit eam
tremere : qui tan-
git montes, et fu-
migant.

Cantabo Domino
in vita mea : psal-
lam Deo meo,
quamdiu sum.

Jucundum sit ei
eloquium meum :
ego vero delecta-
bor in Domino.

Living things both great and small ;
upon its surface shall ships sail.

There, too, are great monsters, but
the sea is so immense that even they
can play freely in it. All these crea-
tures depend on Thee and wait for food
from Thy hand.

What Thou givest to them they shall
gather up ; when Thou openest Thy
bountiful hand they shall be filled with
all that is good.

But if Thou didst turn away Thy
face they would be troubled. Thou
wouldst take away their life, and they
would fail and quickly return to dust.

Thou didst send forth Thy Spirit,
and all these things were created.
Thou didst clothe anew the whole face
of the earth.

Thy glory, O Lord, shall endure for
ever, and Thou shalt rejoice in the
works of Thy hands.

Thou lookest upon the earth and it
trembles ; Thou touchest the moun-
tains and they smoke.

I will sing to Thee, O Lord, as long
as I have life. I will praise Thee, my
good God, as long as Thou givest me
being.

May my psalm be pleasing to Thee,
I will take my delight in Thee alone.

May sinners cease upon the earth,
and the workers of iniquity as if they
had not been ; but my soul shall bless
Thee, my Lord and my God.

Deficient peccatores a terra, et iniqui ita ut non sint : benedic, anima mea, Domino.

Confitemini Domino. Ps. 104.

I GIVE thanks to Thee, O Lord, and
I call upon Thy holy name. I will
make known Thy wonderful works to
the nations which know Thee not.

I will praise Thee and sing psalms to
Thee ; I will tell all Thy wonders.

I will glory in Thy holy name, and
my heart shall rejoice, seeking to know
Thee better, my Lord.

My search for Thee and Thy will
shall strengthen my heart to serve
Thee more faithfully.

I will recall the wonderful things
Thou hast done, the infinite graces
Thou hast given me, and the kind
judgments of Thy mouth.

Let the seed of Abraham, who
walked before Thee and was perfect,
and the seed of Jacob, *i.e.*, those
chosen by Thee to serve Thee more
closely, let these listen to the words
of my psalm.

Thou art the Lord my God, and Thy
judgments have power over the whole
earth.

Thou art ever mindful of the eternal
covenant Thou hast made—the word
Thou hast fixed for all time.

CONFITEMINI Domino et invoke nomen ejus : annuntiate inter gentes opera ejus.

Cantate ei, et psallite ei : narrate omnia mirabilia ejus.

Laudamini in nomine sancto ejus : lætetur cor quærentium Dominum.

Quærite Dominum et confirmamini : quærite faciem ejus semper.

Mementote mirabilium ejus, quæ fecit ; prodigia ejus et judicia oris ejus.

Semen Abraham, servi ejus : filii Jacob, electi ejus.

Ipse Dominus Deus noster : in universa terra judicia ejus.

Memor fuit in sæculum testamenti sui : verbi, quod mandavit in mille generationes :

Quod disposuit ad
Abraham : et jura-
menti sui ad Isaac.

Et statuit illud
Jacob in præcep-
tum ; et Israel in
testamentum æter-
num :

Dicens, Tibi dabo
terram Chanaan ;
funiculum hæredi-
tatis vestræ.

Cum essent nu-
mero brevi : pauci-
ssimi et incolæ ejus.

Et per transierunt
de gente in gen-
tem : et de regno
ad populum alte-
rum.

Non reliquit ho-
minem nocere eis :
et corripuit pro eis
reges.

Nolite t a n g e r e
christos meos : et
in prophetis meis
nolite malignari.

Et vocavit fa-
mem super terram :
et omne firma-
mentum panis con-
trivit.

Misit ante eos
virum : in servum
venundatus est
Joseph.

Humiliaverunt in
compedibus pedes
ejus ; ferrum per-

Thou madest it with Abraham, and
didst swear the same to Isaac.

Thou didst repeat it to Jacob, and to
his children, for an everlasting testa-
ment ;

Saying : " Unto thee will I give the
land of Chanaan to be thine inheritance
for ever " ; by Chanaan signifying that
land of delight which Thou hast pro-
mised to Thy faithful ones, that they
may inhabit it with Thee for ever in
heaven.

When the chosen people were but a
small tribe, and wandering in that land,

They passed from place to place,
from nation to nation, and had no
fixed abode ;

Thou didst protect them from harm,
and didst sharply rebuke kings for
their sake,

Saying : " Touch not Mine anointed,
and molest not the prophets who speak
in my Name."

Thou didst command famine to in-
vest the land, and didst withdraw the
support of bread.

But into Egypt Thou didst send a
man to prepare for Thy people, and
Joseph was sold into slavery.

Him they humiliated by putting his
feet in chains till the iron pierced his

very soul, and this till his word came from Thee.

Thy word, O Lord, gave him courage. The king sent and released him, and the prince of the people of Egypt set him free.

He made this slave lord of his house, and ruler of all he possessed.

He gave him such power that he had princes for his scholars, and old men learnt wisdom from him.

Division of Ps. 104 in Benedictine Breviary.

THEN all Israel came up into Egypt, and the family of Jacob became a sojourner in the land of Cham.

Thou gavest them increase in a wonderful manner, and madest them stronger than their enemies, the Egyptians.

Thou didst allow the hearts of the Egyptians to be filled with hatred of Thy chosen people, and didst let them deal deceitfully with the children of Israel.

Thou didst send Moses Thy servant, and Aaron the man whom Thou hadst chosen.

Thou gavest them power to show the signs Thou didst command, and to work wonders before the people.

transiit animam ejus : donec veniret verbum ejus.

Eloquium Domini inflammavit eum ; misit rex et solvit eum : princeps populorum et dimisit eum.

Constituit eum dominum domus suæ, et principem omnis possessionis suæ.

Ut erudiret principes ejus sicut semetipsum : et senes ejus prudentiam doceret.

ET intravit Israel in Ægyptum : et Jacob accola fuit in terra Cham.

Et auxit populum suum vehementer : et firmavit eum super inimicos ejus.

Convertit cor eorum, ut odirent populum ejus ; et dolum facerent in servos ejus.

Misit Moysen servum suum ; Aaron, quem elegit ipsum.

Posuit in eis verba signorum suorum, et prodigiorum in terra Cham.

Misit tenebras et obscuravit : et non exacerbavit sermones suos.

Convertit aquas eorum in sanguinem : et occidit pisces eorum.

Edidit terra eorum ranas in pentalibus regum ipsorum.

Dixit, et venit cœnomyia ; et cini-fes in omnibus finibus eorum.

Posuit pluvias eorum grandinem : ignem comburentem in terra ipsorum.

Et percussit vineas eorum et ficulneas eorum : et contrivit lignum finium eorum.

Dixit, et venit locusta et bruchus ; cujus non erat numerus.

Et comedit omne fœnum in terra eorum : et comedit omnem fructum terræ eorum.

Et percussit omne primogenitum in terra eorum : primitias omnis laboris eorum.

Et eduxit eos cum argento et auro : et non erat in tribubus eorum infirmus.

Thou didst send darkness over the land, and didst not let the rebellion of the people hinder Thy designs.

Thou didst turn the waters of the river into blood, so that all the fish died.

Their land brought forth frogs, even into the inner chambers of the king's palace.

At Thy word came divers sorts of flies, and gnats in all their borders.

And their rain became hail, and a burning fire was in the land.

Their vineyards and fig-trees perished, and all their trees were cast down.

At Thy words the locusts came, and other pests without number.

They ate up all the grass and devoured all the fruit of the land.

Thou didst smite all the first-born, and the first-fruits of their labour.

But Thy people Thou broughtest out with silver and gold, and not a sickly man in all their tribes.

Egypt rejoiced in their going out, and were in great fear of them.

Thou didst spread a cloud over Thy people to protect them, and a pillar of fire Thou didst set up to give light by night.

Thou didst answer their prayer, bringing quails, and didst fill them with bread from heaven.

Thou didst open the rock so that waters flowed out of it, and rivers ran through the desert.

For Thou wast mindful of Thy promise to Abraham.

Thou didst bring forth Thy people with joy, and Thy chosen ones with gladness.

Thou gavest them the lands of the Gentiles, and they grew rich on the labour of the people they conquered.

And all this that Thy servants might observe Thy precepts, and be careful to keep Thy law.

Confitemini Domino. Ps. 105.

I WILL give glory to Thee, O Lord, and confess Thy goodness, for Thy mercy endureth for ever.

Who shall be able to tell of all Thy wondrous works? Who shall set forth all that demands our praise?

Lætata est Ægyptus in protectione eorum : quia incubuit timor eorum super eos.

Expandit nubem in protectionem eorum ; et ignem, ut luceret eis per noctem.

Petierunt et venit coturnix : et pane celi saturavit eos.

Dirupit petram, et fluxerunt aquæ : abierunt in sicco flumina.

Quoniam memor fuit verbi sancti sui, quod habuit ad Abraham puerum suum.

Et eduxit populum suum in exultatione ; et electos suos in lætitia.

Et dedit illis regiones gentium : et labores populorum possederunt.

Ut custodiant justificationes ejus ; et legem ejus requirant.

CONFITEMINI Domino, quoniam bonus : quoniam in sæculum misericordia ejus.

Quis loquetur potentias Domini ; auditas faciet omnes laudes ejus ?

Beati qui custodiunt iudicium ; et faciunt iustitiam in omni tempore.

Memento nostri Domine in beneplacito populi tui : visita nos in salutaribus tuis.

Ad videndum in bonitate electorum tuorum ; ad lætandum in lætitia gentis tuæ : ut lauderis cum hæreditate tua.

Peccavimus cum patribus nostris : injuste egimus, iniquitatem fecimus.

Patres nostri in Ægypto non intellexerunt mirabilia tua : non fuerunt memores multitudinis misericordiæ tuæ.

Et irritaverunt ascendentes in mare : mare rubrum.

Et salvavit eos propter nomen suum ; ut notam faceret potentiam suam.

Et increpuit mare rubrum, et exsiccatum est : et deduxit eos in abyssus sicut in deserto.

Et salvavit eos de manu odientium : et redemit eos de manu inimici.

Bless me, O Lord, that I may keep close to justice, and that I may be always upright in my dealings.

Remember me, O my God, because I am of Thy people. Do Thou come to me and bring me safety.

Let me see Thy blessing upon Thy chosen ones, and may I rejoice in the joy of Thy Church that both Thou and Thine inheritance may be praised.

I am no better than those that have gone before me. I also am a sinner in Thy sight, for I have done much wrong in my life.

The Israelites did not understand the wonders Thou didst work in Egypt, and soon forgot Thy many mercies.

They murmured against Thee and provoked Thee when they came to the Red Sea,

Yet Thou didst save them for Thine own name's sake, that Thou mightest manifest Thy power.

Thou didst rebuke the Red Sea and it was dried up, and Thou didst lead them through the depths as through a wilderness.

Thou didst save them from those who hated them, and didst snatch Thy people from the hand of their enemies.

Thou didst drown the Egyptians who afflicted Thy chosen people, and not one of their army was left.

Then Thy people gave their faith to Thee and sang Thy praises, O Lord.

But they soon forgot Thy works, and they did not wait to know Thy designs.

They longed intensely for food in the desert, and put not their trust in Thee but tempted Thee.

And Thou didst grant their request and didst satisfy their desire completely.

Then they enraged Moses in the camp, and Aaron Thy holy one.

And the earth opened and swallowed up Dathan, and covered up the family of Abiron.

A fire was kindled among them, and the flame of it burned up the wicked.

They made a calf in Horeb, and fell down before it as an idol.

They took a calf that eateth grass, and worshipped it instead of Thee, the glorious God.

Et operuit aqua tribulantes eos : unus ex eis non remansit.

Et crediderunt verbis ejus : et laudaverunt laudem ejus.

Cito fecerunt, oblii sunt operum ejus : et non sustinuerunt consilium ejus.

Et concupierunt concupiscentiam in deserto : et tentarunt Deum in iniquo.

Et dedit eis petitionem ipsorum : et misit saturitatem in animas eorum.

Et irritaverunt Moysen in castris : Aaron sanctum Domini.

Aperta est terra et deglutivit Dathan ; et operuit super congregationem Abiron.

Et exarsit ignis in synagoga eorum : flamma combussit peccatores.

Et fecerunt vitulum in Horeb : et adoraverunt sculptile.

Et mutaverunt gloriam suam in similitudinem vituli comedentis fœnum.

Obliti sunt Deum, qui salvavit eos ; qui fecit magnalia in Ægypto, mirabilia in terra Cham, terribilia in mari rubro.

They forgot Thee, their God, who hadst saved them, who hadst done such great things in Egypt, wondrous works in the land of Cham, and such terrible things in the Red Sea.

Et dixit, ut disperderet eos ; si non Moyses electus ejus stetisset in confractione in conspectu ejus :

And Thou didst purpose to destroy them, but Moses, Thy chosen one, stood before Thee in the breach,

Ut averteret iram ejus, ne disperderet eos : et pro nihilo habuerunt terram desiderabilem.

To turn away Thy wrath, lest Thou shouldst destroy them, for they despised the land Thou hadst promised them.

Non crediderunt verbo ejus ; et murmuraverunt in tabernaculis suis : non exaudierunt vocem Domini.

They put no faith in Thy word, and again murmured in their tents, and would not listen to Thee.

Et elevavit manum suam super eos ; ut prosterneret eos in deserto.

And Thou didst lift up Thy hand to annihilate them in the desert,

Et ut dejiceret semen eorum in nationibus ; et dispergeret eos in regionibus.

To cast down their children, and to scatter them among the Gentiles.

Et initiati sunt Beelphegor ; et comederunt sacrificia mortuorum.

They also committed the abomination of becoming devotees of Beelphegor, and ate of the sacrifices to the dead.

Et irritaverunt eum in adinventivis suis : et multiplicata est in eis ruina.

They thus provoked Thee to anger, and Thou didst vex them with many plagues.

But Phineas appeased Thee, and the plague ceased.

This was a sign of his goodness, and so was he reputed for ever.

Division of Ps. 105 in Benedictine Breviary.

THEY angered Thee also at the waters of contradiction, and Moses was punished because of them, for they provoked his spirit ;

His lips faltered, and he lost the entry into the Promised Land. They did not destroy the nations whom Thou didst command them to root out.

They mixed with the heathens and learned their ways. They served their idols, and it became a stumbling-block to them,

So that they even sacrificed their sons and daughters to devils.

They shed innocent blood, the blood of their sons and daughters, sacrificing it to the idols of Chanaan.

The whole land was rank with blood,

Et stetit Phinees et placavit : et cessavit quassatio.

Et reputatum est ei in justitiam, in generationem et generationem usque in sempiternum.

ET irritaverunt eum ad aquas contradictionis ; et vexatus est Moyses propter eos : quia exacerbaverunt spiritum ejus.

Et distinxit in labiis suis : non disperdiderunt gentes, quas dixit Dominus illis.

Et commixti sunt inter gentes ; et didicerunt opera eorum, et servierunt sculptilibus eorum : et factum est illis in scandalum.

Et immolaverunt filios suos, et filias suas dæmoniis.

Et effuderunt sanguinem innocentem ; sanguinem filiorum suorum et filiarum suarum : quas sacrificaverunt sculptilibus Chanaan.

Et infecta est terra in sanguinibus ; et contaminata est in operi-

bus eorum : et
fornicati sunt in ad-
inventionibus suis.

Et iratus est fu-
rore Dominus in
populum suum : et
abominatus est hæ-
reditatem suam.

Et tradidit eos in
manus gentium : et
dominati sunt eo-
rum, qui oderunt
eos.

Et tribulaverunt
eos inimici eorum ;
et humiliati sunt
sub manibus eo-
rum : sæpe libera-
vit eos.

Ipsi autem exa-
cerbaverunt eum
in consilio suo : et
humiliati sunt in
iniquitatibus suis.

Et vidit, cum tri-
bularentur : et au-
divit orationem eo-
rum.

Et memor fuit
testamenti sui : et
pœnituit eum se-
cundum multitudi-
nem misericordiæ
suæ.

Et dedit eos in
misericordias in
conspectu omnium,
qui ceperant eos.

Salvos nos fac
Domine Deus nos-
ter : et congrega
nos de nationibus.

and defiled with their doings. They
were faithless in their devices.

Thou, O Lord, wast exceedingly
angry against Thy people, and Thine
inheritance became an abomination to
Thee.

Thou didst give them into the hands
of the Gentiles, and they that hated
them had rule over them.

Their enemies afflicted and humili-
ated them, making slaves of them.

But they held perversely to their
purpose, and were humbled again for
their iniquities.

But Thou, O God, didst look upon
their affliction and didst hear their
prayer.

Thou wast mindful of Thy covenant,
and didst relent according to Thine
abundant mercies.

Thou madest their captors to com-
passionate them.

Save us, O Lord our God, and gather
us together from among the nations,

That we may give thanks unto Thy holy name, and may glory to give Thee praise.

Blessed be Thou, O Lord God of Israel, for ever and ever, and let all the people say, "So be it, so be it."

Confitemini Domino. Ps. 106.

I GIVE Thee thanks, O Lord, for Thou art good and Thy mercy endureth for ever.

Let all those whom Thou hast redeemed give Thee thanks.

From east and west, from north and south, let all thank Thee, O Lord.

Thy people were wandering in the desert where no place of refuge was to be found.

They were hungry and thirsty, for they were not faithful to Thee, and their soul fainted within them.

They cried to Thee in their trouble, and Thou, O Lord, didst deliver them from all their distress.

Thou didst lead them in a direct way to bring them to a city they might dwell in.

Ut confiteamur
nomini sancto tuo :
et gloriemur in
laude tua.

Benedictus Domi-
nus Deus Israel a
sæculo et usque in
sæculum ; et dicet
omnis populus, Fiat
fiat.

CONFITEMINI
Domino, quoniam
bonus : quoniam in
sæculum misericor-
dia ejus.

Dicant, qui re-
dempti sunt a Do-
mino ; quos rede-
mit de manu ini-
mici : et de regionibus congregavit eos
A solis ortu et
occasu : ab Aquilone et mari.

Erraverunt in solitudine in inaquoso : viam civitatis habitaculi non invenerunt.

Esurientes et siti-
entes ; anima eorum in ipsis defecit.

Et clamaverunt ad Dominum, cum tribularentur ; et de necessitatibus eorum eripuit eos.

Et deduxit eos in viam rectam ; ut irent in civitatem habitationis.

Confiteantur Domino misericordiæ ejus ; et mirabilia ejus filiis hominum.

Quia satiavit animam inanem : et animam esurientem satiavit bonis.

Sedentes in tenebris et umbra mortis : vinctos in mendacitate et ferro.

Quia exacerbaverunt eloquia Dei : et consilium Altissimi irritaverunt.

Et humiliatum est in laboribus cor eorum : infirmati sunt, nec fuit qui adjuvaret.

Et clamaverunt ad Dominum, cum tribularentur, et de necessitatibus eorum liberavit eos.

Et eduxit eos de tenebris et umbra mortis : et vincula eorum dirupit.

Confiteantur Domino misericordiæ ejus ; et mirabilia ejus filiis hominum.

Quia contrivit portas æreas : et vectes ferreos confregit.

Suscepit eos de via iniquitatis eo-

Let Thy mercies bring Thee glory, O Lord, and may the consideration of Thy wonderful works bring Thy praises to my lips.

For Thou, my good God, hast satisfied my empty soul, and filled my hungry soul with all good.

There were others who were in darkness and who were threatened daily with death. They were straitened with want and bound with iron chains.

Because they had set their hearts against Thy commands and made void Thy purpose, though Thou art the Most High.

Thou didst humble their proud hearts with many labours. They were depressed, and there was no hope left in them, for there was none to help them.

Then they cried to Thee, O Lord, in their distress, and Thou didst free them from all their troubles.

Thou didst bring them out of the darkness and the shadow of death, and didst break their bonds asunder.

Thy mercies shall give Thee glory—Thy wonderful kindness to the sons of men.

Thou hast broken the brazen gates of their prison, and burst its bars of iron.

Thou hast taken them from their

evil ways, for because of their iniquities they were humbled.

They relished not their food, and were getting near to death.

They cried to Thee, O Lord, in their affliction, and Thou didst again deliver them from their distresses.

Thou didst heal them with the word of Thy mouth, and didst snatch them from destruction.

May Thy mercies give glory to Thee, O Lord, and Thy wonderful works to the children of men.

May they offer Thee the sacrifice of praise, and make known Thy works with joy.

They, too, who go down to the sea in ships, and do business on the great waters,

They have seen Thy works, O Lord, and Thy wonders in the deep.

Division of Ps. 106 in Benedictine Breviary.

HOW at Thy word the storm arose, and the waves rose on high.

How they mount up to heaven and

rum : propter injustitias enim suas humiliati sunt.

Omne escam abominata est anima eorum : et appropinquaverunt usque ad portas mortis.

Et clamaverunt ad Dominum cum tribularentur : et de necessitatibus eorum liberavit eos.

Misit verbum suum, et sanavit eos : et eripuit eos de interitionibus eorum.

Confiteantur Domino misericordiae ejus : et mirabilia ejus filiis hominum.

Et sacrificent sacrificium laudis : et annuntient opera ejus in exultatione.

Qui descendant mare in navibus ; facientes operationem in aquis multis.

Ipsi viderunt opera Domini, et mirabilia ejus in profundo.

Dixit, et stetit spiritus procellae : et exaltati sunt fluctus ejus.

Ascendant usque ad caelos, et de-

scendunt usque ad abyssos : anima eorum in malis tabescebat.

Turbati sunt et moti sunt sicut ebius : et omnis sapientia eorum devorata est.

Et clamaverunt ad Dominum, cum tribularentur ; et de necessitatibus eorum eduxit eos.

Et statuit procellam ejus in auram : et siluerunt fluctus ejus.

Et lætati sunt, quia siluerunt : et deduxit eos in portum voluntatis eorum.

Confiteantur Domino misericordiae ejus ; et mirabilia ejus filiis hominum.

Et exaltent eum in ecclesia plebis : et in cathedra seniorum laudent eum.

Posuit flumina in desertum ; et exitus aquarum in sitim :

Terram fructiferam in salsuginem : a malitia inhabitantium in ea.

Posuit desertum in stagna aquarum : et terram sine aqua in exitus aquarum.

go down to the depths, and their heart melted away with the fear of disaster.

They were troubled and reeled like drunken men ; their cunning and skill were of no avail.

They cried unto Thee, O Lord, in their affliction, and Thou didst bring them out of their distress.

Thou didst turn the hurricane into a gentle breeze, and the waves were still.

They rejoiced at the stilling of the storm, and went with joy into the harbour they sought.

May Thy mercies give Thee glory, O Lord, and all Thy wonderful works to the sons of men.

Let them rejoice before Thee in the Church of Thy people, and praise Thee with all wisdom.

Thou hast shown Thy power, turning rivers into a wilderness, and the springs of water into dry ground ;

A fertile land into a desert, because of the wickedness of the inhabitants.

And again, Thou hast changed a wilderness into pools of water, and a dry land into springs of water.

There the hungry found a home and
a city to dwell in.

They sowed fields and planted vine-
yards and increased their flocks.

Thy blessing gave them exceeding
increase, and there were no losses
among the cattle.

Then again, they dwindled into a
small tribe, and were sorely afflicted
by reason of the evil and sorrow that
came upon them.

Their princes were defied and held
in contempt, and the people wandered
without any guidance.

Thou, Lord, didst assist the poor in
spite of their poverty, and gave them
families like a flock of sheep.

The just shall see Thy works and
rejoice in Thy goodness, and evil,
itself, shall close its mouth.

The wise man is he who will take
note of all these things, and try to
understand and appreciate Thy mer-
cies, O Lord.

*The 107th Psalm is made up of the
second part of Ps. 56, verses 8-12, and
part of Ps. 59, verses 7-14.*

Deus, laudem meam. Ps. 108.

DO not Thou, my God, be silent in
upholding me, for the wicked
and the deceitful have opened their
mouths against me.

Et collocavit illic
esurientes : et con-
stituerunt civita-
tem habitationis.

Et seminaverunt
agros, et planta-
verunt vineas : et
fecerunt fructum
nativitatis.

Et benedixit eis,
et multiplicati sunt
nimis : et jumenta
eorum non minora-
vit.

Et pauci facti
sunt : et vexati
sunt a tribulatione
malorum et dolore.

Effusa est con-
temptio super prin-
cipes : et errare
fecit eos in invio
et non in via.

Et adjuvit pau-
perem de inopia :
et posuit sicut oves
familias.

Videbunt recti et
lætabuntur : et om-
nis iniquitas oppi-
labit os suum.

Quis sapiens et
custodiet hæc ; et
intelliget misericor-
dias Domini ?

D E U S, laudem
meam ne tacueris ;
quia os peccatoris
et os dolosi super
me apertum est.

Locuti sunt adversum me lingua dolosa, et sermonibus odii circumderunt me : et expugnaverunt me gratis.

Pro eo, ut me diligerent detrahebant mihi : ego autem orabam.

Et posuerunt adversum me mala pro bonis : et odium pro dilectione mea.

Constituë super eum peccatorem : et diabolus stet a dextris ejus.

Cum judicatur, exeat condemnatus : et oratio ejus fiat in peccatum.

Fiant dies ejus pauci ; et episcopatum ejus accipiat alter.

Fiant filii ejus orphani : et uxor ejus vidua.

Nutantes transferantur filii ejus et mendicent : et ejiciantur de habitationibus suis.

Scrutetur fœnerator omnem substantiam ejus : et diripiant alieni labores ejus.

Non sit illi adjutor : nec sit qui misereatur pupillis ejus.

They have not spoken the truth against me. They have encompassed me with hatred, and have been in opposition to me whilst I gave them no cause.

Instead of the love they ought to give me they oppose me, and I have come to Thee in prayer.

They have repaid me evil for the good I have done them, and hatred for my love.

Set Thou a sinner over him, and let the devil stand at his right hand to accuse him.

When the sentence is passed upon him let it be a condemnation, and if he ask pardon may it be reputed to him as a greater fault.

Let his life be cut short, and let his office be taken by another.

Let his children be orphans and his wife a widow.

Let his children be vagabonds and beg, and let them have no place they can call their home.

Let the money-lender take all his substance, and strangers seize the fruit of his labour.

Let there be none to help him, and none to take pity on his orphans.

Let his posterity be cut off, and his name be blotted out in one generation.

May the iniquity of his fathers be remembered when he stands before Thee, and let not his mother's sin be forgotten.

May these former iniquities be continually before Thee, but their memory *i.e.*, his father and mother, perish from the earth, for he did not remember to show mercy.

He persecuted the poor man, and the beggar and the broken-hearted he strove to do to death.

He loved cursing ; may it come upon him. He did not use blessing ; may it be far from him.

He put on cursing as a garment, and drank it like water. It entered into him, and as oil it got into his very bones.

Let cursing be to him a cloak in which he wraps himself, and like a girdle he bindeth round him.

Let these things be the retribution of all who stand against Thee, O Lord,

Fiant nati ejus in interitum : in generatione una deleatur nomen ejus.

In memoriam redeat iniquitas patrum ejus in conspectu Domini : et peccatum matris ejus non deleatur.

Fiant contra Dominum semper : et dispereat de terra memoria eorum : pro eo quod non est recordatus facere misericordiam.

Et persecutus est hominem inopem et mendicum : et compunctum corde mortificare.

Et dilexit maledictionem, et venit ei : et noluit benedictionem, et elongabitur ab eo.

Et induit maledictionem sicut vestimentum : et intravit sicut aqua in interiora ejus : et sicut oleum in ossibus ejus.

Fiat ei sicut vestimentum, quo operitur ; et sicut zona, qua semper præcingitur.

Hoc opus eorum, qui detrahunt mihi apud Dominum ; et qui lo

quantur mala adversus animam meam.

Et tu Domine, Domine fac mecum propter nomen tuum ; quia suavis est misericordia tua

Libera me, quia egenus et pauper ego sum ; et cor meum conturbatum est intra me.

Sicut umbra, cum declinat, ablatus sum : et excussus sum sicut locustæ.

Genua mea infirmata sunt a jejuniis : et caro mea immutata est propter oleum.

Et ego factus sum opprobrium illis : viderunt me, et moverunt capita sua.

Adjuva me Domine Deus meus : salvum me fac secundum misericordiam tuam.

Et sciant, quia manus tua hæc ; et tu Domine fecisti eam.

Maledicent illi, et tu benedices ; qui insurgunt in me, confundantur : servus autem tuus lætabitur.

Induantur, qui detrahunt mihi, pudore ; et operi-

and of those who speak evil against my soul.

But do Thou, O Lord, act towards me with kindness for Thy name's sake, because Thy mercy is sweet.

Deliver me for I am needy and poor, and my heart is troubled.

I am no better than a shadow when it grows long ; and I am so worthless that I am shaken off like a locust.

My knees are weakened with fasting, and my body has lost its freshness, for I had no oil.

I was a reproach to all who saw me. They shook their heads at me.

Help me, O Lord my God, and save me for Thy mercy's sake.

Let all know that it is Thy hand, and that Thou, O Lord, hast done it.

They may curse, but Thou wilt bless. Let them that oppose me be confounded, but let Thy servant have great joy.

Let my opponents be put to shame ;

let them be covered with disgrace as with a mantle.

I will give great thanks to Thee, my Lord, and in the midst of many I will praise Thee.

For Thou hast stood at my right hand, because I am poor, to save my soul from them that persecute me.

Dixit Dominus. Ps. 109.

O LORD, Thou didst say to my soul, designed by Thee to be the lord over my whole being, "Sit at My right hand," *i.e.*, "Be constant in good."

"And I will make thine enemy (the flesh and the evil one) subject to thee."

Thou, my Lord, wilt help my soul with power from heaven, and Thy grace will enable me to rule in the midst of mine enemies, my rebellious passions.

Thou hast given to my soul the power of ruling the passions; and I see in the lives of the saints that by Thy grace, and with much effort, they overcame themselves. In the beginning when Thou didst create man, Thou didst make his whole nature subject to the will of his soul.

Thus, by Thy design, O Lord, as by an oath my soul became a priest for ever to offer the worship of praise for the whole creature in the silent worship of prayer, as Thou didst choose Melchisedech to offer a clean sacrifice for the whole human race.

antur sicut diploide confusione sua.

Confitebor Domino nimis in ore meo : et in medio multorum laudabo eum.

Quia astitit a dextris pauperis ; ut salvam faceret a persequentibus animam meam.

DIXIT Dominus Domino meo : Sede a dextris meis :

Donec ponam inimicos tuos, scabellum pedum tuorum.

Virgam virtutis tuæ emittet Dominus ex Sion, dominare in medio inimicorum tuorum

Tecum principium in die virtutis tuæ, in splendoribus Sanctorum : ex utero ante luciferum genui te.

Juravit Dominus, et non pœnitebit eum : Tu es Sacerdos in æternum secundum ordinem Melchisedech.

Dominus a dextris tuis confregit in die iræ suæ reges.

Judicabit in nationibus, implebit ruinas : conquassabit capita in terra multorum.

De torrente in via bibet : propterea exaltabit caput.

Thou, my God, at my right hand, hast by Thy grace overcome many strong natures and reduced them to the obedience of the faith and of the religious vows. So also Thou art willing to act in me.

Give me then clear sight to judge the right, and power to repair the ruin caused by sin ; and crush the risings of rebellion in my body.

Thou hast given me to drink of the torrent which flowed from the wounded side of my Lord Thy Son on the Cross, For the rock was Christ from whom came the living water of the Blessed Sacrament. In the strength of Holy Communion my soul shall walk erect even to the mountain of religious perfection.

Confitebor tibi, Domine. Ps. 110.

CONFITEBOR tibi Domine in toto corde meo, in consilio justorum et congregatione.

Magna opera Domini ; exquisita in omnes voluntates ejus.

Confessio et magnificentia opus ejus : et justitia

I WILL praise Thee, O Lord, with my whole heart, and this more especially in choir where I am a poor sinner in the midst of many more worthy than I.

I will remember Thy goodness and mercy to me, my God, for my love and worship of Thee is truly Thy work in my soul. Thou hast sought out my soul and protected it with such loving care.

Thy will in my regard is, that I should praise and glorify Thy great work in the souls of men Thou wishest to share with me now, and to allow me

to enjoy with Thee for ever in heaven the fruit of Thy own sanctity.

Thy most wonderful work for me, for which I will never cease to thank Thee, is, that Thou hast called me, a poor sinner, to serve Thee. Thou art very merciful and gracious, my own good God. Thou wilt support me if I fear to offend Thee.

Thou wilt not forget Thy promises to me however much I may forget. Thou wilt show me plainly Thine influence in the world and in the souls of men, if I completely submit myself to Thee and become one of Thy people.

Thou wilt enable me to further Thy work among sinners by means of the union I shall enjoy with Thee, and by my total subjection to Thy will. Help me, my God, to grow in Thy truth, and in Thy gentle judgment of others.

How faithful Thou hast been to me in the past ! O my God, confirm me in Thy grace for ever.

I will never cease to thank Thee, Lord, for the redemption Thou hast granted me, and for Thy promise which will be fulfilled in me if I am faithful.

I will fear to offend Thee, and be careful always in Thy service, for this is wisdom.

Grant me a clear understanding, such as comes to the faithful doer of Thy will ; and may I be allowed to praise Thee for ever and ever.

ejus manet in sæculum sæculi.

Memoriam fecit mirabilium suorum : misericors et miserator Dominus : escam dedit timen- tibus se.

Memor erit in sæculum testamen- ti sui : virtutem operum suorum annuntiabit populo suo.

Ut det illis hære- ditatem gentium : opera manuum ejus veritas et judicium.

Fidelia omnia mandata ejus : confirmata in sæculum sæculi : facta in veritate et æqui- tate.

Redemptionem misit populo suo : mandavit in æter- num testamentum suum.

Sanctum et terri- bile nomen ejus : initium sapientiæ timor Domini.

Intellectus bonus omnibus facienti- bus eum : laudatio ejus manet in sæ- culum sæculi.

Beatus vir. Ps. 111.

BEATUS vir, qui
timet Dominum :
in mandatis ejus
volet nimis.

Potens in terra
erit semen ejus :
generatio rectorum
benedicetur.

Gloria et divitiæ
in domo ejus : et
justitia ejus manet
in sæculum sæculi.

Exortum est in
tenebris lumen
rectis : misericors
et miserator et
justus.

Jucundus homo,
qui miseretur et
commodat ; dispo-
net sermones suos
in judicio : quia in
æternum non com-
movebitur.

In memoria æter-
na erit justus : ab
auditione mala
non timebit.

Paratum cor ejus
sperare in Domino ;
confirmatum est
cor ejus : non com-
movebitur, donec
despiciat inimicos
suos.

Dispersit, dedit
pauperibus ; justi-

O MY good God, grant that my soul
may truly and reverently fear
Thee. Let me speedily learn to be
happy in Thy service.

May the prayers I offer to Thee bear
fruit at once, and may my work be
blessed by Thee.

If I am faithful, glory in Thy sight
shall be mine, and the riches which are
found only in Thy house, and in the
soul where Thou dwellest. O may Thy
justice be found in me for ever.

I walk in a new light, for I now see
how merciful and compassionate Thou
art to allow me to work for Thee, and
how just Thou art in Thine apprecia-
tion of what I am able to do for Thee.

Grant, O my Lord, that I may begin
steadily to imitate Thee in Thy merci-
ful ways, and to use for others the
treasures I have obtained from Thee.
With Thy help I will begin to judge
kindly, and therefore more justly than
hitherto ; thus my words will be of
more value, and more lasting in their
effect.

I will disregard any evil that comes
to my hearing, for my heart will live
always in the hope that Thy grace will
prevail.

My heart is ready, O Lord, to put my
trust in Thee. My affection is firmly
fixed in Thee. I shall not be turned
aside till all my trial has passed away.

I will willingly distribute my riches
to those who are poorer than myself

that my perfection may become solid and lasting, and in Thine own good time my store of merit may be taken up to heaven.

The wicked man who does not fear Thee, my God, and who thinks only of himself, shall recognise the failure of his life. He shall be angry and become of no account before Thee, for his desires, not being fixed on Thee, can have no permanence, but will perish both here and in the next life.

Laudate Pueri. Ps. 112.

I WILL praise Thee, O Lord, for I am Thy child. Praised be Thy holy Name for ever.

I will praise Thee, my Father, and glorify Thy holy Name. My praise shall be everlasting, begun now, but continued for all eternity.

All the day through I will be ready to sing Thy praises, for Thou art worthy of all praise.

I will glorify Thee, my Lord, for Thou art more to me than all the nations of the world; and more than all the beauty of the stars.

There is none like unto Thee, my Lord God, who dwellest on high. Make me humble of heart, for Thou regardest the lowly in heaven and on earth.

Thou wilt raise me from the earth and all its affections if I but trust in Thee, and Thou wilt cleanse me from all my sins, however defiling they have been.

tia ejus manet in
sæculum sæculi :
cornu ejus exal-
tabitur in gloria.

Peccator videbit
et irascetur ; den-
tibus suis fremet
et tabescet : de-
siderium peccato-
rum peribit.

LAUDATE, pueri,
Dominum : laudate
nomen Domini.

Sit nomen Do-
mini benedictum ;
ex hoc nunc, et
usque in sæculum.

A solis ortu usque
ad occasum, lauda-
bile nomen Domini.

Excelsus super
omnes gentes Do-
minus ; et super
cœlos gloria ejus.

Quis sicut Do-
minus Deus nos-
ter, qui in altis
habitat, et humilia
respicit in cœlo et
in terra ?

Suscitans a terra
inopem : et de ster-
core erigens pau-
perem :

Ut collocet eum
cum principibus,
cum principibus
populi sui.

Qui habitare facit
sterilem in domo,
matrem filiorum
lætantem.

IN exitu Israel de
Ægypto : d o m u s
Jacob de populo
barbaro.

Facta est Judæa
sanctificatio ejus :
Israel potestas ejus.

Mare vidit et fu-
git : Jordanis con-
versus est retror-
sum.

Montes exultave-
runt ut arietes ; et
colles, sicut a g n i
ovium.

Quid est tibi ma-
re, quod fugisti ?
et tu Jordanis,
quia conversus es
retrorsum ?

Montes exultastis
sicut arietes ; et
colles, sicut agni
ovium.

A facie Domini
mota est terra : a
facie Dei Jacob.

Qui convertit pe-
tram in s t a g n a

O make me worthy to stand with
Thy princes *i.e.*, Thy saints, and allow
me to join with them in praising Thee
here and hereafter in the heaven of
Thy glory.

Let me be no longer barren in Thy
service, my good God, but make me
to live peacefully in Thy house that I
may become fruitful in good works
done cheerfully for Thee.

In exitu Israel. Ps. 113.

WHEN Israel came out of Egypt,
the house of Jacob from among
a strange people,

By Thy kindness, O Lord, Thy
chosen people became Thy sanctuary,
and Israel, by the deliverance Thou
hadst given them, became Thy pos-
session.

The sea acknowledged Thy power,
and fled before Thee, and the river
Jordan ceased to flow.

The mountains were shaken as if
they skipped like rams, and the little
hills like the lambs of the flock.

What was it, thou sea, that made
thee fly before them, and thou Jordan,
that thou didst cease to flow ?

The mountains were shaken as if
they skipped like rams, and the little
hills like the lambs of the flock.

It was at Thy presence, O Lord, the
earth was moved ; at Thy presence,
O Thou God of Jacob.

For Thou didst turn the rock into a

pool of water, and the hills of stone into a flowing stream.

Not unto us, O Lord, not unto us, but to Thy holy Name be all praise and glory given.

Let glory be given to Thee for Thy mercy to me, and because of Thy faithfulness in Thy dealings with men. If glory is not given to Thee, those who know Thee not will say to us, "Where is your God?"

I know that Thou art in heaven, and that Thou hast most careful providence of me, and that Thou dost according to Thy holy will.

The idols of earth are at best but silver and gold, and the work of the hands of men.

They have mouths, and speak not; eyes, and see not.

They have ears, and hear not; noses, and they smell not.

They have hands, and they feel not; they have feet, and walk not; they can make no sound through their throat.

May they who make them become like to them, and all who put any trust in them.

The house of Israel has hoped in Thee, O Lord; Thou art their helper and protector.

aquarum, et rupem in fontes aquarum.

Non nobis Domine, non nobis; sed nomini tuo da gloriam.

Super misericordia tua et veritate tua: nequando dicant gentes, Ubi est Deus eorum?

Deus autem noster in cœlo: omnia quæcumque voluit, fecit.

Simulacra gentium argentum et aurum: opera manuum hominum.

Os habent et non loquentur; oculos habent et non videbunt.

Aures habent, et non audient: nares habent, et non odorabunt.

Manus habent, et non palpabunt; pedes habent et non ambulabunt: non clamabunt in gutture suo.

Similes illis fiant, qui faciunt ea: et omnes, qui confidunt in eis.

Domus Israel speravit in Domino: adiutor eorum et protector eorum est.

Domus Aaron
speravit in Domi-
no : adjutor eorum
et protector eorum
est.

Qui timent Do-
minum, sperave-
runt in Domino :
adjutor eorum et
protector eorum
est.

Dominus memor
fuit nostri : et
benedixit nobis.

Benedixit domui
Israel, benedixit
domui Aaron.

Benedixit omni-
bus, qui timent Do-
minum : pusillis
cum majoribus.

Adjiciat Dominus
super vos : super
vos et super filios
vestros.

Benedicti vos a
Domino, qui fecit
cælum et terram.

Cælum cæli Do-
mino : terram au-
tem dedit filiis
hominum.

Non mortui lau-
dabunt te Domi-
ne ; neque omnes,
qui descendunt in
infernum.

Sed nos, qui vi-
vimus, benedicimus
Domino : ex hoc
nunc et usque in
sæculum.

The house of Aaron has hoped in
Thee, O Lord ; Thou art their helper
and protector.

They who fear Thee have hoped in
Thee ; Thou art their helper and
protector.

Thou, my Lord, hast been mindful
of me and hast blessed me.

Thou hast blessed the house of
Israel and the house of Aaron.

Thou hast blessed all that fear Thee,
whether small or great.

O add still more blessings to all who
fear Thee, and continue Thy blessings
from generation to generation.

May all be blessed by Thee, O Lord,
who made both heaven and earth,
and canst give blessings for time and
eternity.

The highest heaven is Thine, but the
earth Thou hast given to the children
of men.

Keep me in the life of grace, for they
who are dead in sin cannot praise
Thee ; nor shall they who go down
into hell give glory to Thee.

But by Thy grace I will bless Thee.
O Lord, from this time forth and for
evermore.

Dilexi. Ps. 114.

I HAVE loved Thee, O Lord, for
when I turned to Thee in prayer
Thou didst hear me.

Thou hast so graciously bent down
Thine ear to listen to me and give me
confidence, I will continue to call upon
Thee all my life.

When I have been in deep sorrow
because of grievous temptation that
came upon me, which seemed to
threaten me with the death of my
soul; and when I have been so
desolate that hell itself seemed open
before me,

I was in great trouble and sorrow.
Then I called upon Thee, my Lord,
and I said to Thee—

“O my Lord, do Thou deliver my
soul.” Thou art merciful and just.
Thou, my good God, wilt not be too
exacting. Thou art divine in Thy mercy.

Thou art the guardian and protector
of little ones. Truly I am a little one,
for I have been humbled to the dust,
and Thou didst deliver me.

My soul shall turn to Thee, my only
rest. In Thy exceeding bounty it
shall find its one repose.

Thou hast delivered my soul from
death now that the temptation has
passed away. Thou hast saved me
from bitter tears, and kept my feet
from falling into sin.

I will walk joyfully in Thy presence,
O Lord, in the land of the living, *i.e.*,
in a vigorous and devout religious life.

DILEXI, quoniam
exaudiet Dominus
vocem orationis
meæ :

Quia inclinavit
aurem suam mihi :
et in diebus meis
invocabo.

Circumdederunt
me dolores mortis :
et pericula inferni
invenerunt me.

Tribulationem et
dolorem inveni : et
nomen Domini in-
vocavi.

O Domine libera
animam meam ;
misericors Dominus
et justus : et Deus
noster miseretur.

Custodiens parvu-
los Dominus : hu-
miliatus sum, et li-
beravit me.

Convertere anima
mea in requiem tu-
am ; quia Dominus
benefecit tibi.

Quia eripuit ani-
mam meam de
morte ; oculos me-
os a lacrymis : pe-
des meos a lapsu.

Placebo Domino
in regione vivo-
rum.

Credidi. Ps. 115.

CREDIDI, propter
quod locutus sum :
ego autem humili-
atus sum nimis.

Ego dixi in ex-
cessu meo : Omnis
homo mendax.

Quid retribuam
Domino pro om-
nibus, quæ retri-
buit mihi ?

Calicem salutaris
accipiam : et no-
men Domini in-
vocabo.

Vota mea Domino
reddam coram omni
populo ejus : pre-
tiosa in conspectu
Domini mors sanc-
torum ejus.

O Domine quia
ego servus tuus :
ego servus tuus,
et filius ancillæ tuæ

Dirupisti vincula
mea : tibi sacrifi-
cabo hostiam lau-
dis : et nomen Do-
mini invocabo.

Vota mea Domino
reddam in conspec-
tu omnis populi e-
jus : in atriis do-
mus Domini, in me-
dio tui Jerusalem.

GRANT, O Lord, that, strong in
my faith, I may be bold also
in my defence of it, and yet ever keep
the humility which Thou lovest.

I have at times made exaggerated
and hard judgments of my neighbour,
forgetting Thy wonderful forbearance
with me.

O what shall I render unto Thee, my
good God, for all Thou hast done for
me ?

I will take the chalice Thy Son offers
me. I will unite myself with His
sacrifice to Thee, and I will beseech
Thy mercy in His holy name.

I will offer Thee, O Lord, the vows
Thou hast allowed me to take, and by
Thy grace I will keep them most
strictly, so that, united with Thy
saints, my death may be precious in
Thy sight.

For I wish to be Thy servant, Thy
faithful servant and the child of Thy
handmaid, the Mother of Thy Son.

Thou, my God, hast released me
many times from my sins, and with
Thy help I am firmly resolved not to
return to them. I will offer Thee the
sacrifice of praise, and ever call upon
Thy holy name.

Thus shall I keep my vows before
Thee and before the whole world in the
courts of Thy house, O Lord, *i.e.*, in
the home of my religious life and in the
inner sanctuary of Thy Church.

Laudate Dominum. Ps. 116.

I WILL praise Thee, O Lord, in union with all Thy friends of all nations and of all ages.

I will praise Thee for Thine infinite mercy in allowing me to join those who love and serve Thee. For Thou hast taken me without any merit of mine, and put me in a place of safety amongst Thy chosen ones. I will rely always on Thy truth by which Thou hast promised to be faithful to me as long as I am faithful to Thee. Have mercy on me, O God, and give me grace to be true to Thee.

Confitemini Domino. Ps. 117.

MY principal work in choir is to praise Thee, my God, for all Thy goodness, and especially for Thy great and constant mercy to me.

I will with Israel Thy chosen people perform this duty for Thee loyally and generously during my life.

I will also join with Thy priests who offer daily the sacrifice of praise, and with them I will invoke Thy mercy.

In all reverence I will do my work in choir. Thou, my God, art very merciful, but Thou wilt not give me all that Thou art ready to bestow unless I am reverent in Thy service.

The sadness through which I have passed, because of my sins, shall always remind me that I owe all my joy to Thee, my God. Thou hast indeed

LAUDATE Dominum, omnes gentes : laudate eum, omnes populi :

Quoniam confirmata est super nos misericordia ejus : et veritas Domini manet in æternum.

CONFITEMINI Domino, quoniam bonus : quoniam in sæculum misericordia ejus.

Dicat nunc Israel, quoniam bonus : quoniam in sæculum misericordia ejus.

Dicat nunc domus Aaron : quoniam in sæculum misericordia ejus.

Dicant nunc qui timent Dominum : quoniam in sæculum misericordia ejus.

De tribulatione invocavi Dominum : et exaudivit

me in latitudine
Dominus.

Dominus mihi
adjutor : non time-
bo, quid faciat mihi
homo.

Dominus mihi
adjutor : et ego
despiciam inimicos
meos.

Bonum est con-
fidere in Domino,
quam confidere in
homine.

Bonum est sper-
are in Domino,
quam sperare in
principibus.

Omnes gentes cir-
cuierunt me : et in
nomine Domini, quia
ultus sum in eos.

Circumdantes cir-
cumdederunt me :
et in nomine Do-
mini, quia ultus
sum in eos.

Circumdederunt
me sicut apes ; et
exarserunt sicut ig-
nis in spinis : et

heard me and blessed me beyond all
my deserts. Thou hast placed me in
the free air of religious life where I may
draw my breath without fear.

Thou art my helpmate, the com-
panion of my life, and I will trust
Thee. Why should I fear what man
can do against me?

Thou, Lord, art my helpmate ; on
Thee will I rely, and keep myself in
peace though all the host of evil
spirits should rise up against me to
disturb me. What can they do whilst
Thou art with me?

I will be careful not to put my trust
in anyone but Thee, my Lord. I can-
not rely on myself, but I will throw
myself with confidence on Thee and
not on man.

I will not let my hope rest on anyone
save only Thee, my God. No matter
how holy, another may seem to me,
all that is of worth in his sanctity
is from Thee, and I shall be safer if
I put my trust in Thee.

Whatsoever troubles come upon me
I will trust in Thee, O my God. Thou
wilt surely see that I am not overcome.

Even if temptation shall give me no
rest, I will turn in trust to Thee, O
God. Thou wilt not allow me to be
tempted beyond the strength which
humble reliance on Thy grace will
bring to me.

If evil thoughts swarm about me
like bees, and if they should torment
me till I am all on fire, I beg of Thee,

Lord, not to allow me to turn to any solace but to Thee ; Thou wilt deliver me and console me if I only trust Thee.

Even though I be on the point of falling, do Thou still support me.

Thou only, O Lord, art my strength, and Thou hast already purchased my safety. Let me not by my own fault lose all that Thou hast bought for me at so great a price.

For Thou hast wrought the salvation of the whole world, but those only who work justice shall profit fully by Thy goodness. Grant me to dwell in the tabernacles of those who love the perfection which Thou justly demandest from all the souls Thou hast made.

Take me in Thy right hand, O my God, and raise my soul to Thee.

In Thy strength I shall be saved from death, and my soul living with Thy life shall praise Thee, and show to others the goodness Thou hast shown to me.

I have felt Thy anger in the past when Thou didst allow me to sink into sadness ; but Thou wast merciful and didst not let me die wholly to Thee.

Open for me, O Lord, the gate of Thy justice, and lead me to the path of perfection, that with Thy just ones I may advance according to Thy will.

I will not fail, O Lord, to give all the glory to Thee, for without Thee I am able to do nothing.

I will give all thanks to Thee, for

in nomine Domini,
quia ultus sum in
eos.

Impulsus eversus
sum, ut caderem :
et Dominus suscepit
me.

Fortitudo mea et
laus mea Dominus :
et factus est mihi
in salutem.

Vox exultationis
et salutis in taber-
naculis justorum.

Dextera Domini
fecit virtutem ; dex-
tera Domini exalta-
vit me : dextera
Domini fecit vir-
tutem.

Non moriar, sed
vivam : et narrabo
opera Domini.

Castigans castiga-
vit me Dominus :
et morti non tradi-
dit me.

Aperite mihi por-
tas justitiæ ; in-
gressus in eas con-
fitebor Domino :

hæc porta Domini,
justi intrabunt in
eam.

Confitebor tibi,
quoniam exaudisti

me : et factus es
mihi in salutem.

Lapidem, quem re-
probaverunt ædifi-
cantes : hic factus
est in caput anguli.

A Domino fac-
tum est istud : et
est mirabile in ocu-
lis nostris.

Hæc est dies,
quam fecit Do-
minus : exultemus
et lætemur in ea.

O Domine sal-
vum me fac : O
Domine bene pro-
sperare : benedic-
tus, qui venit in
nomine Domini.

Benediximus vo-
bis de domo Do-
mini : Deus Domi-
nus, et illuxit
nobis.

Constituite diem
solemnem in con-
densis, usque ad
cornu altaris.

Deus meus es tu,
et confitebor tibi :
Deus meus es tu,
et exaltabo te.

Thou hast heard my cry, and hast
become my salvation.

Thy Beloved Son was ever rejected
by men during His life upon earth, but
in Thy power He triumphed over all His
enemies on the Cross, and according to
Thy will founded Thy kingdom on earth.

It was in carrying out Thy will that
He overcame death, and I will rejoice
in His glorious triumph, and in all my
trouble I will fly to Him and trust in
Him. I will keep before my eyes the
example of Thy Son who came in Thy
name to teach me all virtue.

Each day of my life is given to me
by Thee, that I may glorify Thee and
joyfully occupy myself in Thy service.

Be kind to me, O Lord, and allow me
to please Thee, for my only riches are
Thy mercies and kindness to me. All
my praises shall be directed to Thee,
O Lord Jesus, who didst come in the
name of Thy Father.

I will keep near Thy altar and cele-
brate the feast of praise every day of
my life. Thou, our Lord, hast shed
light upon our lives ; the divine light
of Thy own life. Thou art the true
light who enlightenest every man who
cometh into the world.

I will try to keep with joy the solemn
feasts of the Church, and forget not to
prepare the temple of my heart for
Thy coming to me in Holy Communion.

Thou alone art my God, and for all
Thy goodness and Thy kind personal
care of me I will praise Thee.

I will praise Thee because Thou hast heard me when I cried to Thee, and Thou hast brought me into a place of safety.

I will ever remember Thy goodness and Thy everlasting mercy to me, for of myself I am worthless; on Thy mercy alone can I rely.

Beati immaculati. Ps. 118.

The whole of the 118th Psalm is in praise of the simple, direct life of the religious who is devoted to the praises of God, and who is subjected to rule in order to become blameless before God.

GRANT, O Lord, that I may be undefiled in my way through life, seeking to walk according to Thy will as marked out for me by my holy rule, for I know this is Thy law for me.

Give me the blessing to become strong and perfect by following the model set up in Thy testimonies, the life of my Lord revealed to me in the Gospel and in prayer. Thus shall I seek Thee with my whole heart.

I will, with Thy help, do my utmost to avoid sin, because that alone can take me out of Thy ways.

I will keep Thy commands to my soul with all diligence.

O Lord, direct my ways, and allow me to follow the perfection to which Thou hast called me.

Then in Thy strength I shall not be

Confitebor tibi,
quoniam exaudisti
me : et factus es
mihi in salutem.

Confitemini Do-
mino, quoniam bo-
nus : quoniam in
sæculum misericor-
dia ejus.

BEATI immacu-
lati in via : qui
ambulant in lege
Domini.

Beati, qui scru-
tantur testimonia
ejus : in toto cor-
de exquirunt eum.

Non enim, qui
operantur iniqui-
tatem, in viis ejus
ambulaverunt.

Tu mandasti
mandata tua cus-
todiri nimis.

Utinam dirigantur
viæ meæ ad
custodiendas justi-
ficationes tuas.

Tunc non con-
fundar : cum per-

spexero in omnibus mandatis tuis.

Confitebor tibi in directione cordis, in eo quod didici iudicia justitiæ tuæ.

Justificationes tuas custodiam : non me derelinquas usquequaque.

IN quo corrigit adolescentior viam suam ? in custodiendo sermones tuos.

In toto corde meo exquisivi te : ne repellas me a mandatis tuis.

In corde meo abscondi eloquia tua ; ut non peccem tibi.

Benedictus es Domine : doce me justificationes tuas.

In labiis meis pronuntiavi omnia iudicia oris tui.

In via testimoniorum tuorum delectatus sum sicut in omnibus divitiis.

In mandatis tuis exercebor : et considerabo vias tuas.

confounded when I look into the very highest counsels of perfection.

My praise of Thee shall be in the uprightness and sincerity of my heart, with which I offer myself to learn the precepts of perfection, and carry them out in my life.

I will strive to keep Thy commands, and I will pray to Thee at all times that Thou wilt never forsake me.

Division of Ps. 118 in Benedictine Breviary.

○ MY God, help me to correct my past life by contemplating Thy words to me in prayer, and grant me the grace to make them effective in my life.

Help me to seek Thee with my whole heart, lest Thou leave me to myself because of my negligence, and cease to have care of me.

I will hide Thy words deep in my heart that I may never sin against Thee, my good God.

Blessed art Thou, O Lord ; O, teach me more and more to know Thy holy will in my regard.

I thank Thee for allowing me to spend my life in singing Thy praise in the Divine Office.

And that I may fully profit by that work give me a delight in the psalms, and in the contemplation of Thy life upon earth, O Lord.

I will be earnest in keeping Thy commands, and I will strive to learn Thy ways with loving care.

O Lord, my God, never let me leave Thee or forget Thy words to me calling me to Thy service.

In justificationibus tuis meditabor : non obliviscar sermones tuos.

Division of Ps. 118 in Benedictine Breviary.

MY true life comes from Thee, my God, and I beseech Thee to give me a full life that I may keep all Thy commands.

RETRIBUE servo tuo, vivifica me : et custodiam sermones tuos.

Open my eyes that I may look upon the wonders of Thy love in the law Thou hast given to me.

Revela oculos meos : et considerabo mirabilia de lege tua.

I am only a wayfarer here. Do not let me go through life without the guidance of Thy commands.

Incola ego sum in terra : non abscondas a me mandata tua.

Grant me the grace to long to know and to keep the perfect path at all times.

Concupivit anima mea desiderare justificationes tuas, in omni tempore.

Thou hast rebuked the proud and wilful who do not keep Thy law, and Thou hast stricken them with Thy curse.

Increpasti superbos : maledicti, qui declinant a mandatis tuis.

O deal not so with me, my Lord. Let me not be ashamed to search diligently into the life of Thy Son for the guiding principles of my life.

Aufer a me opprobrium et contemptum ; quia testimonia tua exquisivi.

Even when the great ones of the earth persecute Thy followers, let me strive to know more perfectly Thy will and to do it.

Etenim sederunt principes, et adversum me loquebantur : servus autem tuus exercebatur in justificationibus tuis.

Give me time and inclination to ponder on the example of Thy Son, and take my counsel from His life which was lived for me.

Nam et testimonia tua meditatio mea est : et consilium meum justificationes tuæ.

ADHAESIT pavi-
mento anima mea :
vivifica me secun-
dum verbum tuum.

Vias meas enun-
tiavi et exaudisti
me : doce me jus-
tificationes tuas.

Viam justificatio-
num tuarum in-
strue me : et ex-
ercebor in mira-
bilibus tuis.

Dormitavit ani-
ma mea præ tædio :
confirma me in ver-
bis tuis.

Viam iniquitatis
amove a me : et
de lege tua mise-
rere mei.

Viam veritatis
elegi : judicia tua
non sum oblitus.

Adhæsi testimoni-
is tuis Domine :
noli me confundere.

Viam mandato-
rum tuorum cu-
curri ; cum dilata-
sti cor meum.

LEGEM pone mihi
Domine viam jus-
tificationum tua-

Division of Ps. 118 in Benedictine Breviary.

WHEN I am down-hearted I will
look to Thee, my God, to quick-
en me according to Thy promise.

I will be open with Thee, my God, as
a child with his father. Do Thou hear
me and teach me Thy will in my
regard.

Let me thoroughly know the way
Thou wishest me to walk before Thee
and be perfect. Fill my heart with
confidence in Thee, because of Thy
wonderful kindness to my soul.

When I slumber for a time through
weariness, let Thine angels whisper
words of comfort to me.

Remove far from me occasions of
sin, and be kind to me, not asking me
more than I have strength to give
Thee.

I have chosen the way of truth, and
I beg Thee to let me not forget what
Thy truth demands from me.

My desire is to keep close to the
way of virtue Thy Son has taught me
in His life. Do not Thou, my God,
withdraw from me Thy kind help, and
so put me to shame.

In Thine own good time give me the
grace to run cheerfully in the way
pointed out by Thy will. Enlarge my
heart that I may see good in all, and
sympathise with all in trouble.

Division of Ps. 118 in Benedictine Breviary.

THOU, O Lord, hast put me under
another law, the law of my pro-
fession, that I may follow the way of

perfection instituted by Thee. I will search into it diligently all my life, and strive to follow Thy will.

Give light to my mind, for it is only with Thy light that I can find the meaning and the depth of Thy law. Give strength to my will that I may keep Thy law, not externally only, but with full fervour of heart.

Lead me gently, O Lord, along the narrow path of Thy will, because I have desired with my whole heart to follow Thee.

Draw my heart to the love of Thy Son's life which is the living testimony of Thy will, and let it not be distracted by any worldly care.

Do Thou also give me a power over my eyes that they rest not on anything that may take me away from Thee. Give me vigorous life that I may be always intent on Thy way.

O my God, make Thy servant constant in the study of Thy word, with the constancy that comes from Thy reverent and faithful service.

Take away from me all that can hinder me from serving Thee faithfully, for without Thine aid I stand in fear of falling. Give me grace not to lose sight of the counsels of perfection which will be the true delight of my soul.

For by Thy grace, O Lord, I have longed for Thy guidance. In Thine infinite justice do Thou give me life.

*rum ; et exquiram
eam semper.*

*Da mihi intel-
lectum, et scruta-
tor legem tuam ;
et custodiam illam
in toto corde meo.*

*Deduc me in se-
mitam mandato-
rum tuorum ; quia
ipsam volui.*

*Inclina cor me-
um in testimonia
tua ; et non in
avaritiam.*

*Averte oculos me-
os, ne videant vani-
tatem : in via tua
vivifica me.*

*Statue servo tuo
eloquium tuum in
timore tuo.*

*Amputa oppro-
brium meum, quod
suspiciatus sum ;
quia judicia tua
jucunda.*

*Ecce concupivi
mandata tua : in
æquitate tua vivi-
fica me.*

Division of Ps. 118 in Benedictine Breviary.

ET veniat super me
misericordia tua
Domine, salutare
tuum secundum
eloquium tuum.

Et respondebo ex-
probrantibus mihi
verbum; quia spe-
ravi in sermonibus
tuis.

Et ne auferas de
ore meo verbum
veritatis usquequa-
que: quia in ju-
diciis tuis superspe-
ravi.

Et custodiam le-
gem tuam semper;
in sæculum et in
sæculum sæculi.

Et ambulabam in
latitudine; quia
mandata tua ex-
quisivi.

Et loquebar de
testimoniis tuis in
conspectu regum:
et non confunde-
bar.

Et meditabar in
mandatis tuis, quæ
dilexi.

Et levavi manus
meas ad mandata
tua, quæ, dilexi: et
exercebar in justi-
ficationibus tuis.

I BEG Thy mercy, O Lord, for with-
out Thee I can do nothing. Send
me Thy grace purchased for me by
Thy Son, my Lord Jesus Christ.

Thus shall I be able to answer all the
reproaches of men who say that the
life I lead is unnatural, for I have Thy
word to rely on.

O God of truth, take not from me
Thy support, for I have put all my
trust in Thy words.

Thus only shall I be able to keep
Thy law, the law of life Thou hast
given me for ever and ever.

Because of my trust in Thee I shall
walk freely after Thee, for I shall
search confidently into Thy will.

And if it is Thy will I shall be able
to speak of Thy testimony before the
great ones of the earth, and shall put
off all shame in their presence.

The thought that I am doing Thy
will shall be my comfort, Thy will
which is my delight.

I will lift up my hands to Thee, my
good God, and take my delight in
serving Thee. By the help of Thy
grace I shall grow strong in the per-
fection to which Thou hast invited me.

Division of Ps. 118 in Benedictine Breviary.

THOU, O Lord, hast given me a strong hope. O fulfil this hope in me, Thy servant, being mindful of Thy promises.

In my deepest humiliations, when I seemed nearly dead in Thy service, my hope in Thee has been my consolation, and new life has come to me.

The proud who trust not in Thee, my God, have acted sinfully, but in Thy great mercy Thou hast kept me to Thy law.

I have been mindful of Thy gentle dealings of old, and they have raised hope in me and comforted me.

I am very sad, O Lord, when I see sinners transgressing Thy holy law.

I rejoice that Thou hast given me a law and thus shown an interest in my life upon earth. O give me grace to keep Thy commands.

I have, according to Thy will, O Lord, praised Thy holy name in the night, and the graces Thou hast given me have enabled me to keep Thy law.

How kind Thou hast been to urge me to seek carefully after perfection in the religious life !

Division of Ps. 118 in Benedictine Breviary.

THOU art my portion, O Lord, the part of mine inheritance, and for this I have promised to serve Thee faithfully.

MEMOR esto verbi tui servo tuo, in quo mihi spem dedisti.

Hæc me consolata est in humilitate mea ; quia eloquium tuum vivificavit me.

Superbi inique agebant usquequaque : a lege autem tua non declinavi.

Memor fui iudiciorum tuorum a sæculo Domine ; et consolatus sum.

Defectio tenuit me pro peccatoribus derelinquentibus legem tuam.

Cantabiles mihi erant justificationes tuæ in loco peregrinationis meæ.

Memor fui nocte nominis tui Domine : et custodivi legem tuam.

Hæc facta est mihi ; quia justificationes tuas exquisivi.

PORTIO mea Domine, dixi, custodire legem tuam.

Deprecatus sum
faciem tuam in
toto corde meo :
miserere mei se-
cundum eloquium
tuum.

Cogitavi vias me-
as ; et converti
pedes meos in tes-
timonia tua.

Paratus sum et
non sum turbatus ;
ut custodiam man-
data tua.

Funes peccatorum
circumplexi sunt
me : et legem tu-
am non sum obli-
tus.

Media nocte sur-
gebam ad confi-
tendum tibi, super
judicia justificati-
onis tuæ.

Particeps ego sum
omnium timentium
te, et custodientium
mandata tua.

Misericordia tua
Domine plena est
terra : justificati-
ones tuas doce me.

BONITATEM fecisti
cum servo tuo Do-
mine, secundum
verbum tuum.

Bonitatem et dis-
ciplinam et scien-
tiam doce me ;

I have set my heart on finding what
is Thy holy will, as a child seeks for
guidance from the face of its father.
Be Thou merciful to me when I fail.

Dear Lord, I cannot guide myself. O
give me grace to read aright Thy life
and teaching, and to turn my steps
into the path pointed out for me by
Thine example.

Make me ever ready without disturb-
ance to do Thy holy will.

The example of sinners is round
about me, but I will strengthen my
will by the thought of Thy law.

I will keep steadily to the discipline
of the religious life that I may give
Thee proof of my earnest desire for the
perfection to which Thou hast called
me.

I will take courage from the example
of those who are reverent to Thee in
life, and the society of those who are
exact in keeping the rule.

The earth, O Lord, is full of Thy
mercy. Be kind to me, for I shall often
fail. Teach me Thy will that I may
keep on the right path in Thy service.

Division of Ps. 118 in 'Benedictine Breviary.

HOW good Thou hast been to me,
Thy servant, O Lord ! How
faithfully hast Thou kept Thy word !

Teach me to be good to others, to be
prudent in my conduct, and to have
the power of understanding Thy will,

for my only hope of salvation is in following Thy commandments and Thy will in all things.

I have sinned against Thee, O Lord, and Thou didst humble me ; now I have resolved to keep Thy word closely.

Thou art so good ; teach me in Thy goodness all that is necessary for me of that perfection to which Thou hast called me.

Pride is a great danger to me, and will overcome me if I do not search into Thy law with humility of heart.

For the heart of the proud is hardened, but do Thou, O Lord, soften my heart in prayer that I may willingly follow Thy law.

It is good for me that Thou hast humbled me, that I may be ready to follow Thy will for my perfection.

The words of Thy mouth are good for me to ponder. They are more precious to me than all the gold and silver of the earth.

Division of Ps. 118 in Benedictine Breviary.

THOU, O Lord, art my Creator. O perfect Thy work by giving me understanding to know Thy will.

Grant that those who are reverent before Thee may in Thy mercy look upon me and rejoice, because I have hoped exceedingly in Thy word.

quia mandatis tuis credidi.

Priusquam humiliarer, ego deliqui : propterea eloquium tuum custodivi.

Bonus es tu : et in bonitate tua doce me justificationes tuas.

Multiplicata est super me iniquitas superbiorum : ego autem in toto corde meo scrutabor mandata tua.

Coagulatum est, sicut lac, cor eorum : ego vero legem tuam meditatus sum.

Bonum mihi, quia humiliasti me ; ut discam justificationes tuas.

Bonum mihi lex oris tui ; s per millia auri et argenti.

MANUS tuæ fecerunt me, et plasmaverunt me : da mihi intellectum, et discam mandata tua.

Qui timent te, videbunt me et lætabuntur ; quia in verba tua speravi.

Cognovi Domine,
quia æquitas judi-
cia tua ; et in veri-
tate tua humiliasti
me.

Fiat misericordia
tua ut consoletur
me, secundum elo-
quium tuum servo
tuo.

Veniant mihi
miserationes tuæ,
et vivam ; quia lex
tua meditatio mea
est.

Confundantur su-
perbi, quia injuste
iniquitatem fece-
runt in me : ego
autem exercebor in
mandatis tuis.

Convertantur mi-
hi timentes te ; et
qui noverunt testi-
monia tua.

Fiat cor meum
immaculatum in
justificationibus tu-
is ; ut non confun-
dar.

DEFECIT in salu-
tare tuum anima
mea : et in verbum
tuum supersperavi.

Defecerunt oculi
mei in eloquium
tuum : dicentes,
Quando consolabi-
beris me ?

Quia factus sum
sicut uter in pru-
ina : justificationes
tuas non sum obli-
tus.

I know, O Lord, that Thy judg-
ments are most right, and that Thou
hast justly humbled me.

Grant me the consolation of Thy
mercy according to Thy promise. Be
kind to Thy faithful servant.

Let Thy tender mercies come to me
and I shall live. May Thy word be
always in my mind.

Let the proud demons who have
suggested so much impiety to my mind
be confounded, but do Thou allow me
to keep Thy commandments con-
stantly.

Let them that fear Thee with a
loving fear turn to my assistance, and
may Thy holy ones who have known
and kept Thy testimonies help me.

Make my heart free from all stain
in following the path of perfection,
that I may never be put to shame in
Thy sight.

Division of Ps. 118 in Benedictine Breviary.

MY soul hath longed for Thy salva-
tion, O my God, and I wait with
great hope that Thy promises may be
fulfilled.

Mine eyes have looked with longing
for the time, and I have said, " When
wilt Thou comfort me ? "

I am indeed worthless before Thee ;
still, I beg of Thee not to forget that
Thou hast called me to live in per-
fection according to Thy justice.

How long, O Lord, wilt Thou leave me in the hands of them that persecute me? How long shall I be subject to mine enemies, the evil spirits?

The wicked have spoken vain words to distract me, but they are not interesting to me as is the search into Thy law.

For all Thy words are true and Thy commands just. These evil ones disturbed me and tried to draw me away from Thee. Do Thou, my God, help me.

They had almost destroyed me, but by Thy great mercy I have held to Thy law.

O quicken me according to Thy mercy, that I may ever keep the testimonies of Thy mouth.

Division of Ps. 118 in Benedictine Breviary.

O LORD, Thy word is fixed for ever in heaven.

I can rely on it most securely, for Thou art the very truth and there is no limit to Thy faithfulness. The earth which Thou didst establish is a sign to me of Thy constancy.

Even to this day Thine ordinance of the earth is obeyed, for all things serve Thee, my God.

If I had not Thy law, and Thy constancy to rely on, I should have perished long ago in my dejection.

My trust in Thee, my good God, has given me new life. I will strive never

Quot sunt dies servi tui? quando facies de persecutibus me iudicium?

Narraverunt mihi iniqui fabulationes: sed non ut lex tua.

Omnia mandata tua veritas: inique persecuti sunt me, adjuva me.

Paulo minus consummaverunt me in terra: ego autem non dereliqui mandata tua.

Secundum misericordiam tuam vivifica me: et custodiam testimonia oris tui.

In æternum Domine, verbum tuum permanet in cælo.

In generationem et generationem veritas tua; fundasti terram, et permanet.

Ordinatione tua perseverat dies: quoniam omnia serviunt tibi.

Nisi quod lex tua meditatio mea est, tunc forte periissem in humilitate mea.

In æternum non obliviscar iustifi-

cationes tuas ; quia in ipsis vivificasti me.

Tuus sum ego, salvum me fac ; quoniam justificationes tuas exquisivi.

Me expectaverunt peccatores, ut perderent me : testimonia tua intellexi.

Omnis consumptionis vidi finem : latum mandatum tuum nimis.

QUOMODO dilexi legem tuam Domine ? tota die meditatio mea est.

Super inimicos meos prudentem me fecisti mandatum tuo ; quia in æternum mihi est.

Super omnes docentes me intellexi ; quia testimonia tua meditatio mea est.

Super senes intellexi ; quia mandata tua quæsi.

Ab omni via mala prohibui pedes meos ; ut custodiam verba tua.

to forget the perfection of soul to which Thou invitest me.

I am Thine, my God, O save Thou me, for I have determined to search diligently for the means of gaining the perfection of my soul.

The evil spirits have lain in wait for me to ruin me, but by Thy grace I will look constantly to the example given me in the life of Thy Son.

All merely human perfection has an end, but Thy commands stretch far and last for ever.

Division of Ps. 118 in Benedictine Breviary.

O MY God, I have loved Thy law and the sweet yoke of religious life. Let me advance in the knowledge and love of it every day of my life.

The close observance of Thy will shall give me a deep understanding, and make me wise in the wisdom of the saints. By Thy grace I will keep it always in my heart.

Then wilt Thou give me an intimate knowledge of Thy will, even beyond what Thou hast given to those who have instructed me. Grant that I may always ponder Thy words.

Thou wilt make me to understand better even than those who have lived a long life, for I will be very faithful to Thy will.

Grant, O my God, that I may refrain from every evil way that I may keep Thy word.

Teach me Thy law, O Lord, that I may not depart from Thy will.

How sweet are Thy words to my taste ! Sweeter far than honey to my mouth.

If I am faithful to Thy commands, Thou wilt give me understanding, which will make me hate every false, misleading path in my spiritual life.

Division of Ps. 118 in Benedictine Breviary.

LET Thy word, O Lord, be a lamp to my feet that I may take no step which is not in conformity to Thy will.

For I have made my vows to Thee, and I have firmly determined to keep the path of perfection to which Thou hast called me.

I have often been humbled by my frequent infidelities to Thee, because I trusted in myself. Do Thou in Thy mercy renew the life in my soul, and make it more vigorous to live according to Thy guidance.

May the desires I speak to Thee in prayer be ever pleasing to Thee, and do Thou, by Thine inspirations, teach me Thy will.

May my soul's good be always before me, and make me ever mindful of Thy law.

Evil spirits have tried to entrap me, but by Thy grace I have been able to avoid their snares.

A judiciis tuis non declinavi ; quia tu legem posuisti mihi.

Quam dulcia faucibus meis eloquia tua : super mel ori meo :

A mandatis tuis intellexi : propterea odivi omnem viam iniquitatis.

LUCERNA pedibus meis verbum tuum, et lumen semitis meis.

Juravi et statui custodire judicia justitiæ tuæ.

Humiliatus sum usquequaque Domine : vivifica me secundum verbum tuum.

Voluntaria oris mei beneplacita fac Domine : et judicia tua doce me.

Anima mea in manibus meis semper : et legem tuam non sum oblitus.

Posuerunt peccatores laqueum mihi : et de mandatis tuis non erravi.

Hæreditate acquisi-
sivi testimonia tua
in æternum ; quia
exultatio cordis mei
sunt.

Inclinavi cor me-
um ad faciendas
justificationes tuas
in æternum prop-
ter retributionem.

INIQUOS odio ha-
bui : et legem tuam
dilexi.

Adjutor et sus-
ceptor meus es tu :
et in verbum tuum
supersperavi.

Declinate a me
maligni : et scru-
tabor mandata Dei
mei.

Suscipe me se-
cundum eloquium
tuum et vivam :
et non confundas
me ab expecta-
tione mea.

Adjuva me' et
salvus ero : et me-
ditabor in justifi-
cationibus tuis sem-
per.

Sprevisti omnes
discedentes a judi-
ciis tuis ; quia in-
justa cogitatio eo-
rum.

Prævaricantes re-
putavi omnes pec-

How good Thou hast been to me,
my God, to give me Thy testimony of a
perfect life, the life of Thy Son, as an
inheritance ! The study of that life
shall ever be a means of raising my
heart to better things.

With Thy help I will turn my heart
from all which can take me from Thee,
that I may attend to the one thing
necessary, to do Thy holy will in all
things.

Division of Ps. 118 in Benedictine Breviary.

O MY God, I hate all evil, because it
can take me from Thee, and I
wish to keep and to love Thy holy law.

Thou art my helper and my pro-
tector ; in Thy word will I greatly
trust.

Send far from me all workers of
iniquity, that I may give myself to the
study of Thy will, O my God.

Do Thou, O Lord, uphold me as
Thou hast promised, and I shall live,
and in Thy mercy let me not fail in the
hope Thou hast kindled in me.

I rely on Thine assistance, my God,
and I hope for Thy saving grace that I
may always advance in the path of
perfection.

Let me never be unjust in my
thoughts, lest Thou treat me as of no
account, because I have wandered
from Thy law.

All who sin against Thee are un-
worthy of trust. Grant that I may

learn Thy way from the example of Thy Son, and love His life as the model of my own.

Fill me with a great fear of offending Thee, O Lord, for the fear of Thy judgments will keep me in Thy love.

Division of Ps. 118 in Benedictine Breviary.

GRANT me Thy grace, O Lord, to be kind in my judgment, and to keep the desire of perfection ever before me. Give me not into the power of the evil spirits who would rob me of my hope.

Uphold me in good, and let not the proud enemies of my soul oppress me.

Mine eyes shall look lovingly for Thy salvation, and for the promise Thou hast made to help me to the perfection to which Thou hast called me.

Deal mercifully with Thy servant, O Lord, and teach me all Thy will in my regard.

I am Thy servant, and I wish to serve Thee faithfully. Give me a right understanding that I may know and appreciate all that Thou speakest unto me.

In Thine own time show Thy power, O Lord, for many have left their allegiance to Thee.

I wish to cherish Thy commandments, and to love them more than all the riches of the earth.

Therefore, I have made my choice to obey Thee and to separate myself from the ways of the wicked.

catores terræ ; ideo dilexi testimonia tua.

Confige timore tuo carnes meas : a iudiciis enim tuis timui.

FECI iudicium et justitiam : non tradas me calumniantibus me.

Suscipe servum tuum in bonum : non calumnientur me superbi.

Oculi mei defecerunt in salutare tuum, et in eloquium justitiæ tuæ.

Fac cum servo tuo secundum misericordiam tuam : et justificationes tuas doce me.

Servus tuus sum ego : da mihi intellectum, ut sciam testimonia tua.

Tempus faciendi Domine dissipaverunt legem tuam.

Ideo dilexi mandata tua super aurum et topazion.

Propterea ad omnia mandata tua dirigebar : omnem viam iniquam odio habui.

MIRABILIA testi-
monia tua ; ideo
scrutata est ea ani-
ma mea.

Declaratio sermo-
num tuorum illu-
minat, et intellec-
tum dat parvulis.

Os meum aperui,
et attraxi spiri-
tum ; quia man-
data tua desidera-
bam.

Aspice in me, et
miserere mei, se-
cundum iudicium
diligentium nomen
tuum.

Gressus meos di-
rige secundum elo-
quium tuum ; et
non dominetur mei
omnis injustitia.

Redime me a ca-
lumniis hominum ;
ut custodiam man-
data tua.

Faciem tuam illu-
mina super servum
tuum : et doce me
iustificationes tuas.

Exitus aquarum
deduxerunt oculi
inei ; quia non
custodierunt legem
tuam.

IUSTUS es Domi-
ne : et rectum iudi-
cium tuum.

Division of Ps. 118 in Benedictine Breviary.

HOW wonderful, O my God, is the
revelation of Thyself in the life
of Thy Son ! Give me grace to
search into it with my whole soul.

Thou wilt give me the light neces-
sary to enable me to see Thy will
clearly, if I am humble and dwell
lovingly on Thy words.

I will open the mouth of my heart
and draw in my breath, *i.e.*, I will be
still and try to learn Thy will in my
regard, for I long to be pleasing in
Thy sight.

Turn to me, O Lord, and have mercy
on me, as Thou art wont to treat those
who love Thy holy name.

Let me order my life according to
Thy word ; may no evil rule me and
become my master.

Free me from taking heed of what
may be said against me, that I may
keep firmly to Thy commandments.

Let the light of Thy face shine upon
me that I may clearly see Thy will.

Give tears to mine eyes, O Lord, for
there are many who keep not Thy law.

Division of Ps. 118 in Benedictine Breviary.

THOU art just, O Lord, and Thy
judgment is always right. How
often in my wilfulness I have com-
plained against Thee !

The commands Thou hast given me in religion spring from Thy justice and Thy truth ; thus I know that Thou wilt be my support.

Would that my love of Thee were so intense that I might with Thy saints see only the sin against Thee, and not consider myself when enemies stand against me !

Thy words, urging me to be generous in Thy service, are full of holy fire. It is a delight to know Thine interest in my life.

I am of such small account, O Lord, and I have only Thee to rely on. Let me not lose sight of Thy commands to my soul.

Thy justice is eternal, and there is no truth apart from Thee. Thy law is the true guide of my soul, leading me to Thee.

When I am in trouble and distress I will turn to Thy words ; in them I shall find the support and comfort I need.

For Thy words thus spoken to me in Thy law are right for ever. Grant me understanding, O Lord, that I may live according to their guidance.

Division of Ps. 118 in Benedictine Breviary.

I HAVE cried to Thee with my whole heart. Hear me, O Lord, and by Thy grace I will seek to know Thy will.

I have cried to Thee to save me. Hear my cry, and strengthen me that I may keep Thy law.

Mandasti justitiam testimonia tua, et veritatem tuam nimis.

Tabescere me fecit zelus meus ; quia obliti sunt verba tua inimici mei.

Ignitum eloquium tuum vehementer, et servus tuus dilexit illud.

Adolescens tuus sum ego et contemptus : justificationes tuas non sum oblitus.

Justitia tua, justitia in æternum : et lex tua veritas.

Tribulatio et angustia invenerunt me : mandata tua meditatio mea est.

Æquitas testimonia tua in æternum : intellectum da mihi et vivam.

CLAMAVI in toto corde meo, exaudi me Domine : justificationes tuas requiram.

Clamavi ad te, salvum me fac : ut custodiam mandata tua.

Præveni in maturitate et clamavi : quia in verba tua supersperavi.

Prævenērunt oculi mei ad te diluculo ; ut meditarer eloquia tua.

Vocem meam audi secundum misericordiam tuam Domine : et secundum iudicium tuum vivifica me.

Appropinquaverunt persequentes me iniquitati : a lege autem tua longe facti sunt.

Prope es tu Domine, et omnes viæ tuæ veritas.

Initio cognovi de testimoniis tuis ; quia in æternum fundasti ea.

VIDE humilitatem meam et eripe me : quia legem tuam non sum oblitus.

Judica iudicium meum, et redime me : propter eloquium tuum vivifica me.

Longe a peccatoribus salus ; quia justificationes tuas non exquisierunt.

I turn to Thee in prayer in the morning of each day. In Thee, O Lord, I place all my hope.

While it is still night, grant that my waking moments may be occupied with Thee.

In Thy mercy listen to my prayer, O Lord ; and in Thy kind judgment grant me a full and vigorous life.

The evil spirits who refused to serve Thee are at hand to persecute and torment me.

But Thou, O Lord, art near, and I can rely on Thee, for Thou art the very truth, and Thy kind guidance of my soul will lead it to Thyself.

I know well that the law Thou hast given me will make my eternal life secure, for from eternity Thou hast deigned to call me to follow Thee.

Division of Ps. 118 in Benedictine Breviary.

O MY God, look down upon me when I am in trouble and deliver me, for I wish never to forget Thy law.

O plead for me and help me ; give me a new life according to Thy promise.

Thy saving grace is not given to the wilful sinner who persists in his sins, but if I am careful to obey Thee, my Lord, I can trust that Thou wilt not forsake me.

How many and wonderful are Thy great mercies to me, O Lord ! Give me new life and strength when Thou seest good.

I have many enemies to contend with ; let none of them drive me from Thy will.

Grant that I may feel the sorrow the saints have felt when I see sinners despise Thy law.

Thou knowest, Lord, that I wish to love Thy will. I cannot persevere and be faithful unless Thou in Thy mercy confirm my love and make it live.

Thy words to me flow from Thine own sincere love for me, and the judgments of Thy divine justice shall be for ever a joy to me.

Division of Ps. 118 in Benedictine Breviary.

GIVE me, O Lord, a filial fear of offending the least of Thy commands, though all the powers of earth should persecute me.

Grant me as much joy in the understanding of Thy word as if I had taken a great treasure by force of arms.

With Thy help, my God, I will ever hate sin and hold it in abhorrence. Give me a great love of Thy law that I may be always subject to Thee.

Seven times in the day I am called to praise Thee in the holy Office, and to extol the divine justice in Thy government of my soul.

Misericordiæ tuæ
multæ Domine :
secundum iudicium
tuum vivifica me.

Multi, qui perse-
quuntur me et tri-
bulant me : a tes-
timoniis tuis non
declinavi.

Vidi prævarican-
tes et tabescebam ;
quia eloquia tua
non custodierunt.

Vide quoniam
mandata tua dilexi
Domine : in mise-
ricordia tua vivi-
fica me.

Principium ver-
borum tuorum ve-
ritas : in æternum
omnia iudicia jus-
titia tuæ.

PRINCIPES perse-
cuti sunt me gratis :
et a verbis tuis
formidavit cor me-
um.

Lætabor ego su-
per eloquia tua,
sicut qui invenit
spolia multa.

Iniquitatem odio
habui et abomina-
tus sum : legem
autem tuam dilexi.

Septies in die
laudem dixi tibi,
super iudicia jus-
titia tuæ.

Pax multa diligentibus legem tuam : et non est illis scandalum.

Expectabam salutare tuum Domine, et mandata tua dilexi.

Custodivit anima mea testimonia tua ; et dilexit ea vehementer.

Servavi mandata tua et testimonia tua ; quia omnes viæ meæ in conspectu tuo.

APPROPINQUET deprecatio mea in conspectu tuo Domine : juxta eloquium tuum da mihi intellectum.

Intret postulatio mea in conspectu tuo : secundum eloquium tuum eripe me.

Eructabunt labia mea hymnum ; cum docueris me justificationes tuas.

Pronuntiabit lingua mea eloquium tuum ; quia omnia mandata tua æquitas.

Fiat manus tua, ut salvet me, quoniam mandata tua elegi.

Give me the peace of one who loves Thy will, and let nothing be a hindrance to my faithful service.

O my Lord, give me a great hope of union with Thee in heaven, and a great love of Thy will which will lead me there.

Let me always love and faithfully obey Thy will in the holy rule Thou hast given me.

Thou knowest, O Lord, that my will is ever to keep Thy commandments, for all my soul is open to Thy sight.

Division of Ps. 118 in Benedictine Breviary.

○ LORD, my God, let my constant prayer come near Thee, and give Thou light to mine understanding that I may know Thy will.

Let my supplication be ever before Thee. Be kind to me and hear me as Thou hast promised.

Then shall I sing praises to Thee, and Thou wilt open out to me the way of perfection by which I may always do Thy will.

I will not cease to utter Thy praise in Thine own words, for all Thy commandments lead to perfect justice which is conformity to Thy will.

Stretch out Thy hand and save me, for I can do nothing without Thee. Give me grace to persevere in the choice I have made to serve Thee faithfully.

Give me always a longing for the life with Thee in heaven, and let it encourage me to search constantly for Thy will.

In Thy grace my soul shall live and never fail to praise Thee by a good life; and Thy kindness in giving me a rule to follow shall be a great help to me.

Without Thee, my God, I am as a sheep that is lost. Do Thou, the Divine Shepherd, seek me and find me, for by Thy grace I have not forgotten Thy commandments.

Ad Dominum, cum tribularer. Ps. 119.

AT the very entrance of my religious life I was in trouble, for Thou, my God, wouldst not let me settle down in the world. I cried to Thee, and Thou didst hear me.

As soon as I had felt the first impulse to the cloister, I had to hear much from wicked lips against the life I desired, and from deceitful tongues I heard things that made me fear to take the step.

I wondered how I could meet the reasons urged against my leaving the world;

And Thy plain call sank into my heart and went deep in like an arrow. I saw there was nothing that could give me lasting peace but to give myself to Thee, my God, for the call sent by Thee seemed to make desolate and barren every other life except that to which Thou hadst called me.

Concupivi salutare tuum Domine : et lex tua meditatio mea est.

Vivet anima mea et laudabit te : et judicia tua adjuvabunt me.

Erravi sicut ovis, quæ periit : quære servum tuum, quia mandata tua non sum oblitus.

AD Dominum, cum tribularer, clamavi; et exaudivit me.

Domine libera animam meam a labiis iniquis, et a lingua dolosa.

Qui detur tibi, aut quid apponatur tibi, ad linguam dolosam?

Sagittæ potentis acutæ, cum carbonibus desolatoriis.

Heu mihi quia
incolatus meus
prolongatus est :
habitavi cum ha-
bitantibus Cedar :
multum incola fuit
anima mea.

Cum his, qui od-
erunt pacem, eram
pacificus : cum lo-
quebar illis, impug-
nabant me gratis.

LEVAVI oculos
meos in montes :
unde veniet auxi-
lium mihi.

Auxilium meum
a Domino, qui
fecit cœlum et
terram.

Non det in com-
motionem pedem
tuum : neque dor-
mitet, qui custodit
te.

Ecce non dormi-
tabit neque dor-
miet, qui custodit
Israel.

Dominus custo-
dit te, Dominus
protectio tua, super
manum dexteram
tuam.

Then I longed for the religious life,
and all else seemed weariness, and I
was as if in darkness.

I felt myself an exile, and then I
began to see that I had to be at peace,
even with those who tried to disturb
me, and I had to live so that they
should have no cause for their opposi-
tion.

Levavi oculos meos. Ps. 120.

I THEN looked up to those who had
gone before me, and who are
either in heaven or living a saintly life
in the community, and I sought help
from them.

But I found I could not expect much
from them unless I relied wholly on
Thee, my God. For their lives had been
built on their trust in Thy mercy and
power. Thou, O Lord, didst make all
that is good in the spiritual, as in the
physical world.

I began to feel secure that my feet
were not to be moved, for Thou didst
keep me. I will cease to rely on my-
self, and cast all my care on Thee.

I know that if I am faithful Thou
wilt not cease to strengthen me with
Thine own strength, for Thou never
sleepest, but hast always care of me.

Thou, O Lord, art my keeper on the
right hand, *i.e.*, for all that is good in
my life. O give me reason to hope that
in the last day I shall stand on Thy
right hand.

Both day and night I am safe as long as I trust in Thee, my good God.

If I simply give myself entirely to Thee without reserve, Thou, my Lord, wilt preserve my soul from all evil.

Be with me at the beginning and at the end of every action. Keep me, Thy poor wandering one, from henceforth, now and for ever, for I long to be Thine only, O Lord.

Laetatus sum. Ps. 121.

AS soon as I learn to trust Thee, my God, the community life becomes a joy, for I recognise the goodness of those who live with me, and we go together into Thy house.

We are as yet only in the courts, but we have left the world, and are standing ready to do Thy will.

The Jerusalem of my own Order is a city I may be proud of, for it is a part of Thine own life, O Lord.

It is an Order which has attracted good souls from all nations to carry on Thy work, and to praise Thy holy name.

Thou, my God, by my profession, hast taken Thy seat in me, so that when I am in choir I am a throne for Thee to rest in.

Teach me, O Lord, the things that are for my peace, so that now I am before Thee I may ask Thee for them.

Per diem sol non uret te, neque luna per noctem.

Dominus custodiat te ab omni malo : custodiat animam tuam Dominus.

Dominus custodiat introitum tuum et exitum tuum ; ex hoc nunc, et usque in sæculum.

LAETATUS sum in his, quæ dicta sunt mihi : in domum Domini ibimus.

Stantes erant pedes nostri in atriis tuis Jerusalem.

Jerusalem, quæ ædificatur ut civitas ; cujus participatio ejus in idipsum.

Illuc enim ascenderunt tribus, tribus Domini : testimonium Israel ad confitendum nomini Domini.

Quia illic sederunt sedes in judicio : sedes super domum David.

Rogate, quæ ad pacem sunt Jerusalem : et abund-

dantia diligentibus te.

Fiat pax in virtute tua ; et abundantia in turribus tuis.

Propter fratres meos, et proximos meos, loquebar pacem de te.

Propter domum Domini Dei nostri, quæsi bona tibi.

AD te levavi oculos meos, qui habitas in cœlis.

Ecce sicut oculi servorum in manibus dominorum suorum :

Sicut oculi ancillæ in manibus dominæ suæ : ita oculi nostri ad Dominum Deum nostrum, donec misereatur nostri.

Miserere nostri Domine, miserere nostri ; quia multum repleti sumus despectione.

Quia multum repleta est anima

Grant peace to my own religious family, and the good things of Thy treasure to all who are kind to it.

Give me the peace which comes from the abundance of Thy grace, and the strength which will follow my correspondence to this grace.

For the sake of my brethren and my neighbours let my words concerning Thee, my God, bring peace to their hearts.

For all are united in the service of Thy house which is the Church, and it is my part to pray that all may have the things that are good for them.

Ad te levavi. Ps. 122.

LATER on in the religious life I find that I have to keep my eyes constantly fixed on Thee, my God, who art in heaven, and beseech Thee to have mercy on me for my daily negligences.

As a servant who is careless can learn to be perfect in service by constant attention to his master,

Or as a maid-servant by keeping her eyes on the hands of her mistress, so can I overcome my natural carelessness by keeping my eyes fixed on Thee, my Master, and begging of Thee to have mercy on me.

Have mercy on me, O Lord, have mercy on me, for I am cast down by the correction I so often receive.

Indeed, I am often filled with reproaches. They who are rich in merits

reproach me with my negligence, and the proud cast me down with contempt.

Nisi quia Dominus. Ps. 123.

WHEN I had fixed my eyes on Thee, my God, and had tried to conform my life to Thy will,

My body rose up, and the nature which I thought was subdued made its power felt; so strong was the attack upon me that I feared I was wholly lost.

When the fury of temptation was upon me I was as if engulfed in a flood of water. Then my soul cried to Thee, my God, "If Thou, O Lord, hadst not been with me all these evil inclinations would have swallowed me up." But Thou wast with me to save me.

When the force of the assault was greatest, I might have been overcome and have lost my love of Thee, my God, if Thou hadst not been with me.

Blessed be Thou, O Lord, who hast not allowed me to be torn by these temptations.

Like a kind man releasing a sparrow from a snare, so gently Thou didst deliver me.

The snare was broken by Thy kind hand, and my soul was free.

My help, O Lord, is in calling upon Thy holy name. Thou hast made the heaven and the earth, and Thou art all powerful to save.

nostra : opprobrium abundantibus et despectio superbis.

NISI quia Dominus erat in nobis, dicat nunc Israel : nisi quia Dominus erat in nobis.

Cum exurgerent homines in nos, forte vivos deglutissent nos.

Cum irasceretur furor eorum in nos, forsitan aqua absorbuisset nos.

Torrentem pertransivit anima nostra : forsitan pertransisset anima nostra aquam intolerabilem.

Benedictus Dominus, qui non dedit nos in captionem dentibus eorum.

Anima nostra sicut passer erepta est de laqueo venantium.

Laqueus contritus est et nos liberati sumus.

Adjutorium nostrum in nomine Domini, qui fecit cælum at terram.

QUI confidunt in
D o m i n o, sicut
mons Sion : non
commovebitur in
æternum, qui ha-
bitat in Jerusalem.

Montes in cir-
cuitu ejus, et Do-
minus in circuitu
populi sui ; ex hoc
nunc, et usque in
sæculum.

Quia non relin-
quet Dominus vir-
gam peccatorum
super sortem jus-
torum ; ut non
extendant justi ad
iniquitatem manus
suas.

Benefac Domine
bonis, et rectis
corde.

Declinantes au-
tem in obligationes
adducet Dominus
cum operantibus in-
iquitatem : pax
super Israel.

I N convertendo
Dominus captivi-
tatem Sion : facti
sumus sicut con-
solati.

Tunc repletum
est gaudio os nos-
trum ; et lingua
nostra exultatione.

Tunc dicent inter
gentes : Magnifi-
cavit Dominus fa-
cere cum eis.

Qui confidunt. Ps. 124.

MAY my soul trust in Thee, O Lord,
with even a greater confidence
than Thy chosen people trusted in
Mount Sion. Thou art my holy city.
Thou shalt not be moved for ever, nor
shall my soul cease to dwell in Thee as
long as my confidence is placed in
Thee.

As the mountains surround the holy
city, so dost Thou encompass my soul
to protect it. I beseech Thee, O
Lord, to guard me now and for ever.

Thou wilt not allow sinners or evil
spirits to torment me with reproaches
or temptations, lest I lose heart, and
in my despair join the wicked in the
evil they do against Thee.

Do Thou, my Lord, bless me and
keep my will good and my heart right.

Let me not turn aside from Thee to
my former evil ways. Keep me from
forgetfulness of Thee ; lead me far
from all evil, and establish me in Thy
peace.

In convertendo. Ps. 125.

C ONFIDENCE in Thee, my Lord,
will free me from the bondage of
sin, and my soul will be consoled by
Thee.

Filled thus with gladness, I will joy-
fully sing my thanks to Thee in the
holy Office.

Then even the unthinking and the
ungodly shall see the great things Thou
wilt do for me.

Among the most precious of Thy gifts is the gift of joy, the mark Thou, O Lord, dost so often place on the religious who serve Thee faithfully.

Turn then, O Lord, my bondage into great freedom of heart, as the winter rains turn a dry water course into a full river.

I sowed in tears, but in Thy good time I shall reap in joy. The first steps of my religious life were hard and trying, but Thou, my Lord, wilt in Thy bounty give me the chance of storing up treasures which I may distribute to others with great joy.

As the farmer has much trouble in preparing the ground and sowing the seed, so have all those who follow Thee in the religious life much labour and trouble in sowing the seeds of the virtues.

But may I come to Thee, O Lord, by Thy bounty, full of joy, bearing the fruits of my labour.

Nisi Dominus. Ps. 126.

IN all my desire to do good let me remember that if I take any praise to myself, the good I may do will be of no avail; for unless Thou, O Lord, build the house, they labour in vain who build it.

Not only in building but in keeping what I have already won I will trust in Thy goodness alone.

No effort of mine can be of use to me in my religious life unless I rely

Magnificavit Dominus facere nobiscum : facti sumus lætantes.

Converte Domine captivitatem nostram, sicut torrens in Austro.

Qui seminant in lacrymis, in exultatione metent.

Euntes ibant et flebant, mittentes semina sua.

Venientes autem venient cum exultatione, portantes manipulos suos.

NISI Dominus ædificaverit domum, in vanum laboraverunt, qui ædificant eam.

NISI Dominus custodierit civitatem, frustra vigilat qui custodit eam.

Vanum est vobis ante lucem sur-

gere : surgite, postquam sederitis, qui manducatis panem doloris.

Cum dederit dilectis suis somnum : ecce hæreditas Domini filii, merces fructus ventris.

Sicut sagittæ in manu potentis ; ita filii excussorum.

Beatus vir, qui implevit desiderium suum ex ipsis : non confundetur cum loquatur inimicis suis in porta.

BEATI omnes, qui timent Dominum ; qui ambulant in viis ejus.

Labores manuum tuarum quia manducabis ; beatus es, et bene tibi erit.

Uxor tua sicut vitis abundans in lateribus domus tuæ.

Filii tui sicut novellæ olivarum in circuitu mensæ tuæ.

for all on Thee, my God. Work I do apart from Thee will bring me nought but sorrow.

If Thou wilt give me peace, O Lord, Thou wilt in Thy mercy allow me to bring souls to Thee, and so to bring to Thee children of Thine own family.

And thus by Thy mercy, I, who have deserved nothing but to be cast away, will in the power of Thy strong arm be able to fight for Thee.

Thou wilt bless me, Thy servant, because Thou hast allowed me to fill my heart with the desire of serving and loving Thee, and Thou wilt not allow me to be confounded when I stand before Thee in judgment.

Beati Omnes. Ps. 127.

BLESSED are they, O Lord, who, because they fear Thee, desire to walk according to Thy will. Grant me to be among those who so fear Thee, O my God.

Thou wilt give me all the blessings which are in Thy hands. And as to the faithful soul in the world Thou givest the necessities of life, a quiet, peaceful home,

And a happy family life, so to the faithful religious Thou wilt give much more spiritual blessings,

Abundant grace and daily Communion ; a happy community, and more than this, the power to beg blessings for the whole Church.

Thus wilt Thou bless the soul that serves Thee, O Lord, with a quiet, filial fear.

Thou wilt look down from heaven and provide all good things for Thy Church all the days of our life.

And Thou wilt give increase in number and in sanctity, that in subjection to Thee we may have peace in Thee for ever.

Ecce sic benedictur homo, qui timet Dominum.

Benedicat tibi Dominus ex Sion : et videas bona Jerusalem omnibus diebus vitæ tuæ.

Et videas filios filiorum tuorum ; pacem super Israel.

Saepe expugnaverunt. Ps. 128.

MY soul has gone through many temptations from the time of my youth upwards, and these have been a serious trial, often leading me to lose heart.

But now I recognise that Thou, O Lord, didst allow these temptations to assail me, many of which I have with Thy help been able to overcome, that I might know Thy kind care of me, and put my trust in Thee.

The demons have caused me to suffer much, and have made my life a burden. They have prolonged their torments upon me.

But I trust in Thy justice, O Lord ; Thou wilt put aside all who hinder me in my path to Thee. These are they who hate religious perfection. Grant me the grace to love it and strive after it with my whole heart.

Those who do not esteem this, Thine eternal will, shall be worthless as the

SAEPE expugnaverunt me a juventute mea ; dicat nunc Israel.

Sæpe expugnaverunt me a juventute mea : etenim non potuerunt mihi.

Supra dorsum meum fabricaverunt peccatores : prolongaverunt iniquitatem suam.

Dominus justus concidit cervices peccatorum : confundantur et convertantur retrorsum omnes, qui oderunt Sion.

Fiant sicut fœnum tectorum ;

quod, priusquam
evellatur, exaruit.

De quo non im-
plevit manum su-
am, qui metit ; et
sinum suum, qui
manipulos colligit.

Et non dixerunt,
qui præteribant,
Benedictio Domini
super vos : bene-
diximus vobis in
nomine Domini.

DE profundis cla-
mavi ad te Domi-
ne : Domine ex-
audi vocem meam.

Fiant aures tuæ
intendentes in vo-
cem deprecationis
meæ.

Si iniquitates ob-
servaveris Domine ;
Domine quis sus-
tinebit ?

Quia apud te pro-
pitiatio est : et
propter legem tu-
am sustinui te
Domine.

Sustinuit anima
mea in verbo ejus :
speravit anima
mea in Domino.

A custodia matu-
rina usque ad noc-

grass on the top of a house, which is
dried up before it can be of any use.

They shall be of no use for Thee, the
Husbandman of souls, nor wilt Thou
gather them into Thy bosom in the
harvest.

Their worthlessness will be apparent
even to the passer-by. He will not
salute them or bless them. O may Thy
blessing ever be upon me.

De profundis. Ps. 129.

OUT of the depths of my own selfish-
ness I have cried to Thee, O my
God ; do Thou hear my voice.

Be ever attentive to me, O Lord.
Ah, how little need there has been in
the past to attend to my cry, for I have
not called to Thee ! I did not look to
Thee for help.

Attend to me doubly now that I may
turn to Thee. I have delayed too long.
Wait for me now a little, O Lord ; I
am so slow.

I know Thou art all mercy ; I need
much mercy and forgiveness. O Lord
my God ! I will wait Thy time, only
make me constant.

I have relied on Thy word. I thank
Thee, O my God ! for giving me Thy
Word, Thy only Son, that I might have
the fullest trust in Him.

Thou hast filled me with hope. Now
that by Thy mercy I have known Thy
strength and Thy kind care of me,
I will hope in Thee all my waking life,

from the first watch of the morning till the last moment before sleep.

Even my faults I can leave to Thy goodness, for I can trust myself to Thee and rest in Thy mercy. The redemption Thou hast purchased for me is ample for all my sins.

I will fill my heart with confidence that in spite of all my sins Thou wilt redeem even me, and bring me to Thyself in the end.

Domine, non est exaltatum. Ps. 130.

O LORD, my heart is not raised up in pride because of all Thy goodness to me. O may mine eyes be always humble before Thee.

I beg of Thee not to ask from me anything which will bring me human praise, but let me be content with the ordinary things of life.

If I am not humble-minded, and if I strive to take praise to myself,

I shall deserve to be as a weaned child, calling in vain for the consolation with which Thou, my good God, wilt always support the lowly of heart.

My trust in Thee is my only safety. I will give myself to Thee from this day now and for ever.

Memento, Domine, David. Ps. 131.

REMEMBER, O Lord, my soul which has determined to follow Thee in meekness and humility.

tem, speret Israel in Domino.

Quia apud Dominum misericordia : et copiosa apud eum redemptio.

Et ipse redimet Israel ex omnibus iniquitatibus ejus.

DOMINE non est exaltatum cor meum : neque elati sunt oculi mei.

Neque ambulavi in magnis, neque in mirabilibus super me.

Si non humiliter sentiebam ; sed exaltavi animam meam.

Sicut ablactatus est super matre sua, ita retributio in anima mea.

Speret Israel in Domino ; ex hoc nunc et usque in sæculum.

MEMENTO Domine David, et omnis mansuetudinis ejus.

Sicut juravit Domino : votum vovit Deo Jacob :

Si introiero in tabernaculum domus meæ : si ascendero in lectum strati mei

Si dederò somnum oculis meis : et palpebris meis dormitationem :

Et requiem temporibus meis ; donec inveniam locum Domino : tabernaculum Deo Jacob.

Ecce audivimus eam in Ephrata : invenimus eam in campis silvæ.

Introibimus in tabernaculum ejus : adorabimus in loco, ubi steterunt pedes ejus.

Surge Domine in requiem tuam : tu et arca sanctificationis tuæ.

Sacerdotes tui induantur justitiam : et sancti tui exultent.

Propter David, servum tuum, non avertas faciem Christi tui.

Juravit Dominus David veritatem, et non frustrabitur

I have vowed to Thee that I would dwell with Thee all the days of my life, and that I would strive, by Thy grace, to become worthy to be Thy tabernacle.

In order to carry out this my purpose, by Thy help, I will not be turned aside by any thought of myself.

I will not rest or close mine eyes,

Or look for any peace in my life till I have found a place for Thee, my God.

In my youth I heard of Thee and Thy desire to come to me, and in all the open country I have seen Thy glory.

I will go into Thy tabernacle, and I will worship Thee in the place where Thy feet have stood.

Come again, O Lord, and take Thy rest within me. Let me never again blot out Thine image in my soul.

Clothe me with holiness, for Thou hast chosen my soul as Thy priest. Grant that I may ever rejoice in Thy presence.

Thou hast chosen me, O Lord. Do not turn away Thy face because of my neglect.

Thou hast made me many promises of help ; let me not render them void

by my carelessness. May the desires of my heart always give Thee praise.

Keep me faithful to Thy law, and let me not be a hindrance to the holiness of those that come after me.

Nay, Lord, let Thy words through me lead many to learn and to teach to others the principles of a holy life.

Thou hast chosen me for Thine own by calling me into religion, and Thou wilt make my soul Thy dwelling-place.

Thou shalt be my rest, O Lord, for ever and ever. Come and dwell in me, for Thou hast chosen me.

If Thou wilt leave my soul in desolation still continue to bless me; still give me the support which can come from Thee alone.

Help me to clothe my soul with sanctity, and give me great joy in Thy company.

Grant me also a store of grace, and may my life be lit by the lamp of Thy presence.

Then shall the evil spirits be confounded, for my soul, O Lord, shall grow and flourish exceedingly in Thy love.

Ecce, quam bonum. Ps. 132.

I BEGIN to see, O Lord, how great a good for my soul, and how full of joy it is that Thou hast called me to

eam : De fructu ventris tui ponam super sedem tuam.

Si custodierint filii tui testamentum meum ; et testimonia mea hæc, quæ docebo eos :

Et filii eorum usque in sæculum sedebunt super sedem tuam.

Quoniam elegit Dominus Sion : elegit eam in habitationem sibi.

Hæc requies mea in sæculum sæculi : hic habitabo, quoniam elegi eam.

Viduam ejus benedicens benedicam : pauperes ejus saturabo panibus.

Sacerdotes ejus induam salutari : et sancti ejus exultatione exultabunt.

Illuc producam cornu David : paravi lucernam Christo meo.

Inimicos ejus induam confusione : super ipsum autem effloreat sanctificatio mea.

ECCE quam bonum et quam ju-

cundum, habitare
fratres in unum.

Sicut unguentum
in capite, quod
descendit in bar-
bam, barbam Aa-
ron.

Quod descendit
in oram vestimenti
ejus : sicut ros
Hermon, qui des-
cendit in montem
Sion.

Quoniam illic
mandavit Dominus
benedictionem ; et
vitam usque in sæ-
culum.

dwelling in a community united in their brotherhood with Thy Son, my Lord Jesus Christ.

As the precious ointment Thou didst command should be poured so copiously upon the head of Thy chosen priest, Aaron, that it flowed upon his beard, signifying the strength, the joy, and the sweet savour of the consecration of Thy priests, so the mutual charity found in a religious community will bring strength and joy and a sweet odour pleasing to Thee.

This sweet charity should affect even the external garments of the religious, *i.e.*, his external behaviour. Again, as the dew of Hermon, the highest mountain of Palestine, came down upon the lower hills, even to Sion, making the whole land fruitful, so does religious charity make fruitful the work of the members of a community.

In such a united community Thou, O Lord, hast given blessings and vigorous religious life as long as charity is strong.

Ecce, nunc benedicite. Ps. 133.

ECCE nunc bene-
dicite Dominum,
omnes servi Do-
mini :

Qui statis in do-
mo Domini ; in
atriis domus Dei
nostri.

BEHOLD me, O my God, toiling and striving up the steps of perfection. I come to Thee for Thy blessing on my efforts.

All who stand ready to do Thy will in Thy house, O God, and in the courts of Thy house, *i.e.*, the monastery, bless Thee and praise Thee.

I lift up my hands and my voice to bless Thee, and do Thou, in return, bless me before I go to rest.

Bless me, Thy servant, from heaven. Thy blessing will secure to me the good things of heaven and earth, for all things are in Thy hands.

Laudate nomen Domini. Ps. 134.

I WILL praise Thy holy name, O Lord, for I wish to be Thy faithful servant. May I praise Thee for ever.

For I live in Thy house, and in the courts of Thy house,

And I will praise Thee for Thy great goodness and mercy to me. How sweet is Thy holy name to me ! I will rejoice to sing Thy praises in the Divine Office.

Thou hast chosen my soul for Thyself, and Thou desirest to make it Thy very own.

Thou hast let me know how great Thou art, and how worthless are all who exalt themselves in opposition to Thee.

Thou hast ever done according to Thy holy will whether in heaven or on earth ; in the sea and its most secret depths.

Thou hast full power over all nature. Thou bringest the clouds from any quarter Thou willest, and ever to benefit weak man, even Thy lightning has been followed by rain, making the earth fruitful.

In noctibus extolite manus vestras in sancta : et benedicite Dominum.

Benedicat te Dominus ex Sion, qui fecit cœlum et terram.

LAUDATE nomen Domini : laudate servi Dominum.

Qui statis in domo Domini : in atriis domus Dei nostri.

Laudate Dominum, quia bonus Dominus : psallite nomini ejus, quoniam suave.

Quoniam Jacob elegit sibi Dominus ; Israel in possessionem sibi.

Quia ego cognovi, quod magnus est Dominus : et Deus noster præ omnibus diis.

Omnia, quæcumque voluit, Dominus fecit in cœlo et in terra : in mari et in omnibus abyssis.

Educens nubes ab extremo terræ : fulgura in pluviam fecit.

Qui producit ventos de thesauris suis : qui percussit primogenita Ægypti ab homine usque ad pecus.

Et misit signa et prodigia in medio tui Ægypte : in Pharaonem et in omnes servos ejus.

Qui percussit gentes multas : et occidit reges fortes.

Sehon regem Amorrhæorum, et Og regem Basan : et omnia regna Chanaan.

Et dedit terram eorum hæreditatem : hæreditatem Israel populo suo.

Domine nomen tuum in æternum : Domine memoriale tuum in generationem et generationem.

Quia judicabit Dominus populum suum : et in servis suis deprecabitur.

Simulacra gentium argentum et aurum : opera manuum hominum.

Os habent, et non loquentur : oculos habent, et non videbunt.

Thou didst bring the winds from Thy secret treasure, working Thine own will which none can gainsay. Thou didst slay the firstborn both of men and beasts.

Thou didst great wonders in Egypt and before Pharoah and all his servants.

Thou didst not spare the nations which opposed Thy people, nor the powerful kings who stood up against them.

Sehon, king of the Amorrhites, and Og, king of Basan, and all the tribes of Canaan,

Their land Thou didst give for an inheritance for Thine own people.

Therefore, Thy name is held in honour for ever, O Lord, and the memory of Thy goodness unto all generations.

Thou wilt be kind in Thy judgment of those who faithfully serve Thee ; and if they fall into sin against Thee, Thou wilt be ready to hear the prayer of repentance.

But the idols whom men invoke are only senseless gods. My soul shall not put any trust in riches, however great they may be.

These idols have mouths indeed, but they cannot speak ; eyes, but they cannot see.

Ears they have that cannot hear, nor is there the breath of life in their mouths.

Let all who make such things and trust in riches be as these idols.

I will bless Thee, O Lord, for the house of Israel and for the house of Aaron.

I will bless Thee for the house of Levi, and for all that fear Thee, O Lord.

Blessed be Thou, my God, in heaven and in Thy Church upon earth.

Psalm 135 is so similar to Psalm 134 that it requires no further comment.

Super flumina. Ps. 136.

O GOD, when I was in captivity to Thine enemy, whether in sin or bound by the chains of bad habits, I was sad, though surrounded by pleasures which did not satisfy me, and I remembered Thy home in heaven which Thou hast designed for my delight.

I hung up or cast aside the instruments of mirth, for there was no joy in my life.

The evil spirits who had beguiled me and led me into captivity, urged me to be joyful and not to be sad.

Aures habent, et non audient : neque enim est spiritus in ore ipsorum.

Similes illis fiant, qui faciunt ea ; et omnes, qui confidunt in eis.

Domus Israel, benedicite Domino : domus Aaron, benedicite Domino.

Domus Levi, benedicite Domino : qui timetis Dominum, benedicite Domino.

Benedictus Dominus ex Sion, qui habitat in Jerusalem.

SUPER flumina Babylonis, illic sedimus et flevimus ; cum recordaremur Sion.

In salicibus in medio ejus suspendimus organa nostra.

Quia illic interrogaverunt nos, qui captivos duxerunt nos, verba cantionum :

Et qui abduxerunt nos : Hymnum cantate nobis de canticis Sion.

Quomodo cantabimus canticum Domini in terra aliena ?

Si oblitus fuero tui Jerusalem ; oblivioni detur dextera mea.

Adhæreat lingua mea faucibus meis ; si non meminero tui :

Si non proposuero Jerusalem in principio lætitiæ meæ.

Memor esto Domine filiorum Edom in die Jerusalem :

Qui dicunt, Exinanite, exinanite usque ad fundamentum in ea.

Filia Babylonis misera : beatus, qui retribuet tibi retributionem tuam, quam retribuisti nobis.

Beatus, qui tenebit, et allidet parvulos tuos ad petram.

And they who had power over me called me to sing the songs of my home.

And I could not, for the songs of heaven are my prayers, and I could not pray whilst I was alien in heart from Thee, my God.

Let me never more forget Thee, my good God. Rather let my right hand be forgotten than that I cease to remember I belong to Thy Church.

Let me not be able to utter a word if I forget Thee, O Lord.

Hinder me from taking any pleasure which does not begin and end in Thee.

And do Thou, O Lord, remember them who fought against Thy Church, and seemingly overcame it in times past. Do Thou remember all the evil they did against Thy Church.

For they said, " Down with it, down with it ; root up even the foundations."

Then shall Thy vengeance come upon all those who persist in their enmity to Thy Church. They shall indeed be in a miserable plight, and those shall be held in benediction who execute Thy wrath upon them.

Bless me, O Lord, and grant me the courage to strangle the first thoughts of evil that come into my mind, and to have recourse to Thee, the Rock of hope.

Confitebor tibi Domine. Ps. 137.

I WILL praise Thee, O Lord, with my whole heart, because Thou hast heard my prayer.

I will stand before Thee in the Divine Office as if I were in the choir of angels. I will not forget that my work in the choir is a true worship, a sacrifice pleasing unto Thee, giving glory to Thy holy name.

For Thy mercy and Thy fidelity to me I will praise Thee, because by Thy mercy to me who am so sinful, and Thy fidelity when I am so faithless to Thee, Thou hast magnified Thy name above all that I could imagine, *i.e.*, Thou hast enabled me to see the greatness of Thy kindness and goodness.

In what day soever I shall call upon Thee, O hear me, my good God ; let not Thy mercy to me cease, for thus shall I have great hope in Thee, and my soul shall be strong to do Thy work faithfully.

Let all the great ones of the earth give glory to Thee, O Lord, for they too, have heard kind words from Thy mouth.

Let them sing of Thy kind and glorious ways, for Thy glory is indeed great.

Thou, O Lord, art greatly exalted, but Thou art very near to the humble. The proud Thou lookest upon as if they were at a great distance from Thee.

CONFITEBOR tibi Domine in toto corde meo ; quoniam audisti verba oris mei.

In conspectu Angelorum psallam tibi : adorabo ad templum sanctum tuum, et confitebor nomini tuo.

Super misericordia tua et veritate tua : quoniam magnificasti super omne nomen sanctum tuum.

In quacumque die invocavero te, exaudi me : multiplicabis in anima mea virtutem.

Confiteantur tibi Domine omnes reges terræ ; quia audierunt omnia verba oris tui :

Et cantent in viis Domini : quoniam magna est gloria Domini.

Quoniam excelsus Dominus et humilia respicit : et alta a longe cognoscit.

Si ambulavero in medio tribulationis, vivificabis me : et super iram inimicorum meorum extendisti manum tuam : et salvum me fecit dextera tua.

Dominus retribuet pro me : Domine misericordia tua in sæculum : opera manuum tuarum ne despicias.

DOMINE probasti me, et cognovisti me : tu cognovisti sessionem meam et resurrectionem meam.

Intellexisti cogitationes meas de longe : semitam meam et funiculum meum investi-gasti.

Et omnes vias meas prævidisti ; quia non est sermo in lingua mea.

Ecce Domine tu cognovisti omnia novissima et antiqua : tu formasti me, et posuisti super me manum tuam.

Mirabilis facta est scientia tua ex me : confortata est, et non potero ad eam.

If I should be once more in trouble, Thou wilt give me the vigour which will see me through it, and Thou wilt protect me from the anger of mine enemies with Thy strong right hand, for Thy strength saved me in the past.

I know, O Lord, that Thou wilt do all that is helpful for me. I need never lose heart again, for Thy mercy has no end. O leave me not to myself, and do not despise me because of my weakness, but ever support and comfort me.

Domine, probasti me. Ps. 138.

THOU, O my Lord, hast tried me, and Thou dost know me most intimately. Thou alone dost thoroughly understand me far better than I have known myself.

Thou knowest my inmost thoughts, and the whole bent of my nature, so often a puzzle to me, is plain and clear to Thee.

I cannot tell Thee anything about myself that Thou dost not know before I speak. I cannot hide anything from Thee.

Thou didst know me before I was conscious of my own life, and Thou, my good God, hast laid Thy kind hand upon me, even when I knew it not.

Thy knowledge of me I cannot fathom, for the depth and the height of it is far beyond me.

Where shall I go to be out of Thine influence? Where shall I fly from Thy sight, O God?

If I go in spirit into heaven or hell I cannot escape from Thee. Whatever my thoughts are they must come before Thee.

Let them wander as far as they will they are within Thy kingdom; Thou knowest them all. Neither can I escape from Thy power.

Thy merciful hand leads me to good, and Thy kind right hand supports me always.

Division of Ps. 138 in Benedictine Breviary.

TO Thee there is no darkness, O my God. Nothing within me or without me is out of Thy sight. Thou knowest most exactly all my imperfections which I try to hide from others.

For the darkness does not hide anything from Thee. The night itself is as the day, open to Thy divine eyes. Darkness and light are as one to Thee.

And as Thou seest me so Thou protectest me. Thou hast all power over me, and Thou hast had care of me ever since I was born.

Therefore, I will constantly and reverently praise Thee, and acknowledge all Thy wonderful care of me.

There is no part of my nature which is not from Thee, and Thou, O Lord,

Quo ibo a spiritu tuo? et quo a facie tua fugiam?

Si ascendero in cœlum, tu illic es: si descendero in infernum, ades.

Si sumpsero penas meas diluculo, et habitavero in extremis maris:

Etenim illuc manus tua deducet me: et tenebit me dextera tua.

Et dixi, Forsitan tenebræ conculcabit me: et nox illuminatio mea in deliciis meis.

Quia tenebræ non obscurabuntur a te; et nox sicut dies illuminabitur: sicut tenebræ ejus; ita et lumen ejus.

Quia tu possedisti renes meos: suscepisti me de utero matris meæ.

Confitebor tibi, quia terribiliter magnificatus es; mirabilia opera tua; et anima mea cognoscit nimis.

Non est occultatum os meum a te, quod fecisti in

occulto : et substantia mea in inferioribus terræ.

Imperfectum meum viderunt oculi tui ; et in libro tuo omnes scribentur : dies formabuntur, et nemo in eis.

Mihi autem nimis honorificati sunt amici tui Deus : nimis confortatus est principatus eorum.

Dinumerabo eos, et super arenam multiplicabuntur : exurrexi, et adhuc sum tecum.

Si occideris Deus peccatores : viri sanguinum, declinate a me.

Quia dicitis in cogitatione : Accipient in vanitate civitates tuas.

Nonne, qui oderunt te Domine, oderam ; et super inimicos tuos tabescebam ?

Perfecto odio oderam illos : et inimici facti sunt mihi.

Proba me Deus, et scito cor meum : interroga me, et cognosce semitas meas.

hadst knowledge of my life even before I began to live.

My very beginning Thou didst know perfectly, and my life and its capacities were written in Thy book before I came into being.

I have taken great pleasure in the lives of Thy saints, and they have shown me what I might have been.

The number of Thy graces to them is beyond all calculation, and if I take the whole night to consider I am still occupied with Thy wonderful favours.

Do Thou, O Lord, deal with sinners as Thou wilt. Do Thou keep evil men from interfering with my service of Thee.

They are ever speaking perversely of Thee. They strive to lead into vanity the dwellers in the cities of Thy kingdom on earth.

Shall I not hate them that hate Thee, my God ? Shall I not be consumed with anger when I see Thine enemies attacking Thee ?

I will hate all sin with a great hatred, and Thine enemies shall be mine enemies.

I will resign myself into Thy hands to prove me as Thou wilt. I will not try to hide anything from Thee, but be very open and sincere with Thee.

O search my heart and take from it all sin and all affection to sin. Do Thou, my God, lead me, and let me simply follow, that with Thee I may walk the eternal way marked out for me from the beginning.

Et vide, si via iniquitatis in me est : et deduc me in via æterna.

Eripe me, Domine. Ps. 139.

DELIVER me, O Lord, from the evil in my own nature—the evil desires and evil tendencies which I have encouraged in my past life. Rescue me from the injustice I have practised against Thee, robbing Thee of my heart which was Thine by right.

For I have devised evils in my heart against Thee, and all the days of my life I have sought to wage war against Thy gentle law.

I have argued when I ought to have obeyed, and I have been uncharitable in my dealings with Thy friends.

Guard me, then, O Lord, from my own wicked self, and deliver me from the unjust and ungenerous rebel within me.

For this evil nature which is always with me is ever striving to trip my feet in their journey to Thee, and my innate pride, assisted by the devil, is ever laying snares for me when I least expect them.

The snares they hide for me are strong, and will hold me if Thou dost not help me, and I shall surely fall if Thine angels do not bear me up.

ERIPe me Domine ab homine malo : a viro iniquo eripe me.

Qui cogitaverunt iniquitates in corde, tota die constituebant prælia.

Acuerunt linguas suas sicut serpentis : venenum aspidum sub labiis eorum.

Custodi me Domine de manu peccatoris : et ab hominibus iniquis eripe me.

Qui cogitaverunt supplantare gressus meos : absconderunt superbi laqueum mihi.

Et funes extenderunt in laqueum : juxta iter scandalum posuerunt mihi.

Dixi Domino,
Deus meus es tu :
exaudi Domine vo-
cem deprecationis
meæ.

Domine Do-
mine virtus salutis
meæ : obumbrasti
super caput meum
in die belli.

Ne tradas me
Domine a desi-
derio meo pecca-
tori ; cogitaverunt
contra me : ne de-
relinquas me, ne
forte exaltentur.

Caput circuitus
eorum : labor la-
biorum ipsorum op-
eriet eos.

Cadent super eos
carbones ; in ig-
nem decies eos :
in miseriis non
subsistent.

Vir linguosus
non dirigitur in
terra : virum in-
justum mala ca-
pient in interitu.

Cognovi, quia
faciet Dominus ju-
dicium inopis ; et
vindictam pauper-
um.

Verumtamen justi
confitebuntur no-
mini tuo : et habi-
tabunt recti cum
vultu tuo.

Now that I have turned to Thee, I
cry to Thee, and I acknowledge that
Thou art my God. Hear Thou the
voice of my supplication to Thee for
help.

O Lord, my Lord, in Thy strength
alone can I be safe. Thy grace has
overshadowed my head in the day of
severest temptation.

Unite my will to Thine, O God, and
give me not up to the wicked desires
of my heart, for they are always
plotting against me. Do not Thou
forsake me lest they overcome me
and triumph over Thy servant.

Pride, which is the head of all evil,
compasseth me about ; and the sins of
the tongue will bring me down and
overwhelm me if Thou dost not help
me.

Burn them out with the coals of Thy
charity. Cast them away from me,
and destroy them completely.

Teach me the value of silence, for if
I am full of words Thou wilt not give
me constancy. If I am unjust in my
judgments, evil shall come upon me.

I trust in Thee, O my Lord, that
Thou wilt see my needs and my weak-
ness. Thou wilt be severe on me if I
am not kind to the poor.

But if I am just in my dealings
before Thee, Thou wilt allow me to
give glory to Thy holy name. Make
me upright and faithful that I may
dwell for ever in the light of Thy kind
countenance.

Domine, clamavi. Ps. 140.

I HAVE cried unto Thee, O Lord,
hear Thou me and hearken to my
voice when I pray to Thee.

May my prayer rise up to Thee, as
incense offered to Thee on the Altar,
and may my hands be lifted up to
Thee as an evening sacrifice, *i.e.*,
in thanksgiving.

Let no unguarded word come from
my mouth, and no evil word pass my
lips.

Grant, O my Lord, that I may take
no pleasure in speaking of evil things,
nor waste my breath in excusing my
own negligence.

That my prayer may be heard by
Thee, keep me from all that work
iniquity. Let me not be beguiled by
their natural good qualities, and take
up their irreligious views.

Make me willing to take correction
given me in mercy, by the good and
let not the wicked beguile me by their
seeming kindness.

Grant that my prayer may be ever
against the evil which sinners love.
May the leaders among the wicked, and
they that sanction their evil ways, be
of no avail.

They shall hear Thy words which are
all powerful. And as the mass of the
earth is broken up when at Thy com-
mand the earth is moved,

DOMINE clamavi
ad te, exaudi me :
intende voci meæ,
cum clamavero ad
te.

Dirigatur oratio
mea sicut incen-
sum in conspectu
tuo : elevatio ma-
nuum mearum sa-
crificium vesperti-
num.

Pone Domine
custodiam ori meo ;
et ostium circum-
stantiæ labiis meis.

Non declines cor
meum in verba
malitiæ, ad excu-
sandas excusationes
in peccatis.

Cum hominibus
operantibus iniqui-
tatem ; et non
communicabo cum
electis eorum.

Corripiet me jus-
tus in misericordia,
et increpabit me :
oleum autem pec-
catoris non impin-
guet caput meum.

Quoniam adhuc et
oratio mea in bene-
placitis eorum :
absorpti sunt junc-
ti petræ judices eo-
rum.

Audient verba
mea, quoniam po-
tuerunt : sicut
crassitudo terræ er-
upta est super ter-
ram.

Dissipata sunt ossa nostra secus infernum ; quia ad te Domine Domine oculi mei ; in te speravi, non auferas animam meam.

Custodi me a laqueo, quem statuerunt mihi ; et a scandalis operantium iniquitatem.

Cadent in reticulo ejus peccatores : singulariter sum ego, donec transeam.

So if I am not faithful shall my bones be scattered at the mouth of the sepulchre, for against Thee, O Lord, none can stand. Therefore, mine eyes are lifted up in supplication to Thee, and I put my whole trust in Thee ; do not Thou take away my soul.

Preserve me from the snare which the wicked have prepared for my feet, and from the hindrances that they place in my path.

Thou shalt put a net for the wicked into which they shall surely fall. But by Thy grace I shall escape the snares they have laid for me, because Thou, O God, wilt treat with me apart from the wicked.

Voce mea. Ps. 141.

VOCE mea ad Dominum clamavi : voce mea ad Dominum deprecatus sum.

Effundo in conspectu ejus orationem meam : et tribulationem meam ante ipsum pronuntio.

In deficiendo ex me spiritum meum ; et tu cognovisti secretas meas.

I CRY unto Thee, O Lord, and I implore Thee to help me.

In Thy sight I pour out my prayer, and I bring before Thee all the trouble of my soul.

I have lost all my courage, and I know not where to turn for help ; but I remember, O my good God, that Thou dost know me, and that Thou art not ignorant of the difficulties that lie in my way.

For mine enemies have laid a trap for me in the very path of Thy will. They have used my devotion to Thee to ensnare me into trouble.

In via hac, qua ambulabam, absconderunt laqueum mihi.

I look on the right, from which side help might come, and I find no man who understands me.

Flight is of no avail, for I carry my trouble in my own bosom. No one but Thee can know my trouble, for Thou alone canst see it.

So I cry to Thee, O Lord, and I say, Thou art my hope, my portion, my inheritance in the land of the living.

Listen, then, to my prayer. I am in great need of Thy help, for I am brought down to the very dust.

Do Thou, my God, free me from them that persecute and trouble me. They are stronger than I; but I look to Thee who art all powerful.

Bring my soul out of prison and out of all fear, that I may praise Thy holy name. The saints who have fought the good fight in the past are waiting for me that I may join them when Thou givest me my reward.

Domine exaudi. Ps. 142.

HEAR my prayer, O Lord, and turn not away from me, for Thou hast promised to listen to the prayer of the lowly. Hear me in Thy justice that I may have confidence in Thee.

O judge me not with severity, for I am Thy servant. In Thy sight no man can be justified.

Considerabam ad dexteram et videbam ; et non erat qui cognosceret me.

Periit fuga a me : et non est qui requirat animam meam.

Clamavi ad te Domine ; dixi, Tu es spes mea : portio mea in terra viventium.

Intende ad deprecationem meam ; quia humiliatus sum nimis.

Libera me a persequentibus me ; quia confortati sunt super me.

Educ de custodia animam meam ad confitendum nomini tuo : me expectant justi, donec retribuas mihi.

DOMINE exaudi orationem meam ; auribus percipe obsecrationem meam in veritate tua : exaudi me in tua justitia.

Et non intres in iudicium cum servo tuo ; quia non justificabitur in conspectu tuo omnis vivens.

Quia persecutus
est inimicus ani-
mam meam : hu-
miliavit in terra
vitam meam.

Collocavit me in
obscuris sicut mor-
tuos sæculi ; et
anxiatus est super
me spiritus meus :
in me turbatum est
cor meum.

Memor fui die-
rum antiquorum ;
meditatus sum in
omnibus operibus
tuis : in factis ma-
nuum tuarum me-
ditabar.

Expandi manus
meas ad te : anima
mea sicut terra sine
aqua tibi.

Velociter exaudi
me Domine : de-
fecit spiritus meus.

Non avertas fa-
ciem tuam a me :
et similis ero des-
cendentibus in la-
cum.

Auditam fac mihi
ma ne misericor-
diam tuam ; quia
in te speravi.

Notam fac mihi
viam, in qua am-
blem ; quia ad
te levavi animam
meam.

Eripe me de ini-
micis meis Domi-
ne, ad te confugi :

The enemy of my soul has filled me
with anxiety. He has humbled me to
the ground by filling my mind with
evil thoughts.

He has brought darkness upon my
mind as if I had been dead for years,
and he has troubled me with the
memory of my past life. Thus is my
soul disturbed, and my heart is
troubled within me.

My only consolation has been in the
memory of Thy past favours, and all
the kindness Thou hast shown to me.

I need Thee, O my God, as parched
lands need water, and I stretch out
my hands to Thee, begging Thee to
be a comfort to me.

Do not delay, O Lord ; hear me
speedily, for when I am so troubled
all my spirit faints within me.

Turn not away Thy face from me
lest I be in despair like to those who
go down to hell.

Let me soon know that Thou wilt
be merciful to me. Thou, my good
God, art my only hope.

Guide me that I may walk as Thou
wishest me to walk. I look for help
from Thy kind spirit, and for this
cause have I lifted up my soul to Thee
in prayer.

Deliver me from these bitter ene-
mies of my soul, O Lord, for I have

run to Thee for refuge. Teach me to do Thy will, for Thou art my God.

Thy good spirit shall lead me into the right land where I shall no longer anger Thee by my sins. For Thine own divine Name's sake make me vigorous to follow Thy lead along the path of perfection.

O bring my soul out of trouble, and put aside all the enemies of my life.

Do Thou, my God, put to flight and overcome completely all the evil spirits who afflict my soul, for I am Thy servant.

Benedictus Dominus. Ps. 143.

BLESSED be Thou, my Lord my God, who hast put into my hands the power to fight against the enemies of my soul.

Grant me the grace ever to rely on Thy mercy, and to fly to Thee for refuge. Be my support in every difficulty, and snatch me away when dangers are too great for me.

Thou, my good God, hast care of me, and I will trust in Thee. Thou wilt give me power to rule my own faculties, and to subdue them in Thy service.

What is man, O Lord, that Thou makest Thyself known to him; and who are we, the children of men, that Thou shouldst have consideration for our weakness?

docē me facere voluntatem tuam, quia Deus meus es tu.

Spiritus tuus bonus deducet me in terram rectam : propter nomen tuum Domine vivificabis me in æquitate tua.

Educes de tribulatione animam meam : et in misericordia tua disperdes inimicos meos.

Et perdes omnes, qui tribulant animam meam : quoniam ego servus tuus sum.

BENEDICTUS Dominus Deus meus, qui docet manus meas ad prælium : et digitos meos ad bellum.

Misericordia mea, et refugium meum ; susceptor meus, et liberator meus.

Protector meus, et in ipso speravi, qui subdit populum meum sub me.

Domine quid est homo, quia innotuisti ei ? aut filius hominis, quia reputas eum ?

H o m o vanitati
similis factus est :
dies ejus sicut um-
bra prætereunt.

Domine inclina
cœlos tuos et de-
scende : tange mon-
tes, et fumigabunt.

Fulgura corusca-
tionem, et dissipa-
bis eos : emitte
sagittas tuas, et
conturbabis eos.

Emitte m a n u m
tuam de alto ; eripe
me et libera me de
aquis multis : de
manu filiorum ali-
enorum.

Quorum os locu-
tum est vanitatem ;
et dextera eorum
dextera iniquitatis.

Our nature is full of vanity, and our days pass away as a shadow. There will be no worth in my life if Thou cease to have care of me.

Come then to me and take care of me. Show Thy strength in my behalf. All the great things of earth are in Thy power.

Send forth Thy lightning and scatter all my enemies. If Thou fight for me my enemy shall be in trouble.

From heaven put forth Thy hand to snatch me from the dangers amongst which I must ever struggle. Let not my own past sins have power to injure me.

For in the past I have spoken vanity, forgetting Thee ; my life has been sinful, and my hands worked evil against Thee.

Division of Ps. 143 in Benedictine Breviary.

D E U S canticum
novum cantabo ti-
bi ; in psalterio de-
cachordo psallam
tibi.

Qui das salutem
regibus : qui rede-
misti David servum
tuum de gladio ma-
ligno, eripe me.

Et erue me de
m a n u filiorum
alienorum ; quo-
rum os locutum
est vanitatem : et
dextera eorum dex-
tera iniquitatis.

BUT now, O Lord, I will sing to Thee a new song. My heart and my hands shall be moved to praise Thee.

Without Thine aid even kings have no security. Do Thou redeem me from the wounds with which I am threatened by the malice of the devil, as Thou didst redeem Thy servant David.

Deliver me from the wiles of those who have left Thy court in heaven. They tempt me by false praise to trust in them, and yet they always strive to lead me to sin.

But those whom Thou dost protect
are full of vigour like to young plants,

And ornamented by Thy grace they
are become as temples in which Thou
mayest dwell.

Their stores of grace are plenteous,
and they are able to help others by
their prayers and good works.

Thou dost bless all that they
possess so that they feel no want.

There is abundance for them and
security, and there is no mourning for
the loss of those dear to them.

As they who are so blessed by Thee
with worldly goods are considered
happy, so are we doubly happy in that
Thou hast been, and art, and wilt
be a kind God and merciful Lord to us.

Exaltabo te, Deus. Ps. 144.

I WILL sing Thy praises, my God,
my King. I will bless Thy name
for ever ; yea, for ever and ever.

Every day of my life will I bless
Thee, and I will praise Thy holy name
for ever ; yea, for ever and ever.

Thou art great and glorious, O Lord,
and there can be no limit to Thy
greatness. Grant that I may praise
Thee without limit.

Quorum filii, sicut
novellæ plantati-
ones, in juventute
sua.

Filiæ eorum com-
positæ : circumor-
natæ ut similitudo
templi.

Promptuaria eo-
rum plena, eruc-
tantia ex hoc in
illud.

Oves eorum
fœtosæ, abundan-
tes in egressibus
suis : boves eorum
crassæ.

Non est ruina
maceriæ, neque
transitus, neque
clamor in plateis
eorum.

Beatum dixerunt
populum, cui hæc
sunt : beatus po-
pulus, cujus Do-
minus Deus ejus.

EXALTABO te,
Deus meus rex :
et benedicam no-
mini tuo in sæ-
culum et in sacu-
lum sæculi.

Per singulos dies
benedicam tibi :
et laudabo nomen
tuum in sæculum
et in sæculum sæ-
culi.

Magnus Dominus
et laudabilis nimis :
et magnitudinis
ejus non est finis.

Generatio et generatio laudabit opera tua ; et potentiam tuam pronuntiabunt.

Magnificentiā gloriæ sanctitatis tuæ loquentur : et mirabilia tua narabunt.

Et virtutem terribilium tuorum dicent : et magnitudinem tuam narabunt.

Memoriam abundantiae suavitatis tuæ eructabunt : et iustitia tua exultabunt.

Miserator et misericors Dominus : patiens et multum misericors.

Suavis Dominus universis : et miserationes ejus super omnia opera ejus.

CONFITEANTUR tibi Domine omnia opera tua : et sancti tui benedicant tibi.

Gloriam regni tui dicent et potentiam tuam loquentur.

Every succeeding generation shall praise Thy works, for there can be none that do not acknowledge Thy power.

The whole earth speaks to me of Thy glory, and all the saints praise Thy divine holiness. They shall ever praise Thy wonderful works in the souls of the just.

They shall praise Thee also for Thy terrible judgments on those that serve Thee not.

They shall let all men know the abundance of Thy sweet dealing with souls that are faithful to Thee, and shall be joyful in the acknowledgment of Thy justice.

Thou art so gracious and so full of mercy to me, a sinner ; so patient when I do not follow Thee promptly, and so full of mercy when I fall.

Thou, my good God, art so sweet in Thy dealings with souls, and Thy most tender mercies are more wonderful than all Thy works.

Division of Ps. 144 in Benedictine Breviary.

LET all Thy works praise Thee. For this am I chosen that in Thy works I should praise Thee. Thou hast given me the power by my soul and voice, and the right by my religious profession. How holy must I be if I am to do this work well !

I will speak to Thee in prayer of all Thy greatness and glory, and I will thank Thee for it all.

By my prayer in union with Thee I will spread Thy kingdom, and bring all to the knowledge of Thy great glory.

Thy kingdom, which is not of this world, but endureth for ever, shall be spread by me, O Lord, if I keep close to Thee, for Thou hast promised it.

The prayer of the faithful heart shall be heard. Thou art faithful to keep Thy promises, and Thou art holy in all Thy works.

Thou wilt raise me up if I fall, and Thou wilt remove sadness from me so long as I trust in Thee.

For mine eyes shall hope in Thee, that Thou wilt give me consolation in Thine own good time.

In Thy hands are blessings for us all, and Thou dost supply the wants of every living creature.

Thou, my Lord, art just in all Thy ways, and most holy in all Thy works. How lavish of Thy gifts Thou hast been to me !

Thou art very near to me when I call upon Thee, if I speak to Thee from a sincere and humble heart.

I will fear to offend Thee, dear Lord, and Thou wilt hear my prayer and save me.

Ut notam faciant
filiis hominum
potentiam tuam ;
et gloriam magni-
ficentiæ regni tui.

Regnum tuum,
regnum omnium
sæculorum : et do-
minatio tua in omni
generatione et gen-
erationem.

Fidelis Dominus
in omnibus verbis
suis : et sanctus
in omnibus operi-
bus suis.

Allevat Dominus
omnes, qui corru-
unt : et erigit om-
nes elisos.

Oculi omnium in
te sperant Domine :
et tu das escam il-
lorum in tempore
opportuno.

Aperis tu manum
tuam ; et imples
omne animal bene-
dictione.

Justus Dominus in
omnibus viis suis :
et sanctus in om-
nibus operibus suis.

Prope est Domi-
nus omnibus invo-
cantibus eum : om-
nibus invocantibus
eum in veritate.

Voluntatem
timentium se faciet;
et deprecationem
eorum exaudiet : et
salvos faciet eos.

Custodit Dominus
omnes diligentes se:
et omnes peccatores
disperdet.

Laudationem Do-
mini loquetur os
meum : et bene-
dicat omnis caro
nomini sancto ejus
in sæculum et in
sæculum sæculi.

Oh, keep me in Thy love that I may
speak to Thee, and be sure that Thou
wilt hear me.

My mouth shall speak Thy praise,
and my whole being shall bless Thy
holy name. In Thy goodness, O my
God, let me sing to Thee, that at the
end of my life here I may be with
Thee for ever and ever.

Lauda anima mea. Ps. 145.

LAUDA anima
mea Dominum ;
laudabo Dominum
in vita mea ; psal-
lam Deo meo,
quamdiu fuero.

Nolite confidere in
principibus : in fi-
liis hominum, in
quibus non est
salus.

EXIBIT spiritus
ejus, et revertetur
in terram suam :
in illa die peribunt
omnes cogitatio-
nes eorum.

Beatus, cujus
Deus Jacob adju-
tor ejus ; spes ejus
in Domino Deo
ipsius : qui fecit
cælum et terram,
mare et omnia,
quæ in eis sunt.

THE chief work of my life is to sing
Thy praises, O my God. Give
me such an interest in it that I shall
be content to do this same work for
Thee all my life.

Thou art my helper ; in Thee let my
hope be fixed. Thou art all powerful,
and canst make even the praise I
render to Thee acceptable.

Thy Holy Spirit shall come into my
heart if I put my trust in Thee. And
though I have often driven Thy Holy
Spirit from me, He will return to me if
I am humble. In that day the thoughts
that have troubled me shall cease.

Let my hope be in Thee, my God.
Give me a firm confidence that Thou
wilt help me and bring joy to my
heart ; for Thou hast made all things,
and wilt rule all things for my benefit,
so that what was formerly a distraction
to me, shall, by Thy power, lead me
to Thyself.

I will trust also in Thy truth, and leave myself to Thy merciful judgment. Thou givest food to the hungry ; O my God, let me ever hunger for Thee.

Thou wilt free me from all the entanglements of sin and doubt, and wilt enlighten my blindness.

If I am cast down with sadness, Thou wilt in Thy loving-kindness raise me up. Let me always recognise and acknowledge Thy goodness towards me.

Thou art ever my good God. I will strive to imitate Thee in Thy kindness to all.

Oh, reign for ever in my soul. Thou art always good to me, and wilt be for ever if I but stay close to Thee, O my God.

Laudate Dominum. Ps. 146.

IT is good for me, O Lord, to praise Thee in the Divine Office. Make my praise to be ever joyful and comely.

Because of my service to Thee in choir, Thou wilt build up my soul in virtue, and Thou wilt gather together Thy chosen ones from all sides to join with me.

Do Thou grant me an abiding sorrow for my sins, and heal the wounds they have left in my soul.

In Thy mercy number me among Thy saints who shine with glory in heaven. Be so close and intimate

Qui custodit veritatem in sæculum ; facit iudicium injuriam patientibus : dat escam esurientibus.

Dominus solvit compeditos : Dominus illuminat cæcos.

Dominus erigit elisos : Dominus diligit justos.

Dominus custodit advenas ; pupillum et viduam suscipiet : et vias peccatorum disperdet.

Regnabit Dominus in sæcula, Deus tuus, Sion : in generationem et generationem.

LAUDATE Dominum, quoniam bonus est psalmus : Deo nostro sit jucunda decoraque laudatio.

Ædificans Jerusalem Dominus : dispersiones Israelis congregabit.

Qui sanat contritos corde : et alligat contritiones eorum.

Qui numerat multitudinem stellæ

rum : et omnibus
eis nomina vocat.

Magnus Dominus
noster, et magna
virtus ejus : et sa-
pientiæ ejus non
est numerus.

Suscipiens man-
suetos Dominus :
humilians autem
peccatores usque
ad terram.

Præcinite Domino
in confessione :
psallite Deo nostro
in cithara.

Qui operit cœlum
nubibus : et parat
terræ pluviam.

Qui producit in
montibus fœnum,
et herbam servi-
tuti hominum.

Qui dat jumentis
escam ipsorum, et
pullis corvorum in-
vocantibus eum.

Non in fortitu-
dine equi volunta-
tem habebit : nec
in tibiis viri bene-
placitum erit ei.

Beneplacitum est
Domino super ti-
mentes eum : et in
eis, qui sperant
super misericordia
ejus.

with me that I may hear Thy voice
calling me by my name.

Thou, the great God, wishest to be
my friend. Thou wilt enable me to be
strong in Thy service with Thine own
strength, and to be wise in Thine own
wisdom.

But Thou wilt not take me by the
hand and help me, unless I in my turn
am kind to those around me. Thou
lookest principally to Thy religious for
kindness, forbearance, and meekness.
Thou wilt humble to the earth those
who persist in sin.

Therefore, sustained by Thy power,
I will sing to Thee in the Divine
Office, and I will praise Thee by
every means in my power.

For as Thou art so good, bringing
rain to the land, so Thou dost bring
me joy in my religious vocation.

As Thou dost provide food for man,

And for all the beasts of the field,
so wilt Thou in Thy goodness bless
my efforts, and make them fruitful
in Thy service.

Thou hast no need of the strength of
man or of beast, and Thou wilt not
bless those who trust in their own
strength.

Thou takest Thy pleasure in those
who fear to offend Thee, and yet
place all their hope and confidence
in Thee, knowing Thee to be merciful,
patient and long suffering. Oh, what
a good God we have to serve !

Lauda Jerusalem. Ps. 147.

GRANT, O Lord, that the whole Church may praise Thee, and that in a special way all Thy religious, to whom the duty of public praise is committed by the Church, may praise Thy holy name.

Blessed be Thou, O Lord, because Thou hast preserved our holy Order, and hast given me the grace to belong to it, and hast had a care over it from the beginning.

Blessed be Thou, my good God, for the gift of peace which Thou hast given us in our community life, and for Thy goodness in providing for us.

Thou hast let me hear Thy words; Thou hast given me to understand Thee quickly.

As the snow covers up the inequalities of the ground, so hast Thou covered my sins, but so gently as if with wool.

The storms which strike my soul are very grievous, and unless Thou protect me I cannot endure them.

Thou hast sent Thy burning word to restore warmth to my soul, and Thy Spirit breathes upon me to melt my cold heart. Let my life flow like a river according to Thy will.

Thou makest Thy word known to me, and Thy Holy Spirit teaches me justice, *i.e.*, leads me towards perfection.

L A U D A, Jerusalem, Dominum : lauda Deum tuum, Sion.

Quoniam confortavit seras portarum tuarum : benedixit filiis tuis in te.

Qui posuit fines tuos pacem : et adipe frumenti satiat te.

Qui emittit eloquium suum terræ : velociter currit sermo ejus.

Qui dat nivem sicut lanam ; nebulam sicut cinerem spargit.

Mittit crystallum suam sicut buccellas : ante faciem frigoris ejus quis sustinebit ?

Emitte verbum suum, et liquefaciet ea ; flabit spiritus ejus et fluent aquæ.

Qui annuntiat verbum suum Jacob ; justitias et judicia sua Israel.

Non fecit taliter
omni nationi : et
judicia sua non
manifestavit eis.

LAUDATE Domi-
num de cœlis :
laudate eum in ex-
celsis.

Laudate eum
omnes Angeli
ejus : laudate eum
omnes virtutes
ejus.

Laudate eum sol
et luna : laudate
eum omnes stellæ
et lumen.

Laudate eum
cœli cœlorum : et
aquæ omnes, quæ
super cœlos sunt,
laudent nomen
Domini.

Quia ipse dixit,
et facta sunt : ipse
mandavit, et cre-
ata sunt.

Statuit ea in
æternum et in sæ-
culum sæculi :
præceptum posuit,
et non præteribit.

Laudate Domi-
num de terra :
dracones et omnes
abyssi.

Ignis, grando, nix,
glacies, spiritus
procellarum : quæ
faciunt verbum
ejus :

Thou hast chosen me from the world
that where Thou art I may also be.
How good and kind Thou hast been to
me, O Lord !

Laudate Dominum. Ps. 148.

GRANT, O Lord, that I may join in
the praise which is given to Thee
from the heavens, and from the very
highest courts of heaven.

Give me courage to praise Thee in
company with the angels ; to praise
Thee in the company of those spirits
which work Thy will on earth.

Let me praise Thee with the sun and
moon ; let me praise Thee with every
star, and every point of light.

The heavens help me to praise Thee,
for they tell me of Thy magnificence ;
and the gentle rain tells me of Thy
mercy.

All the forces of nature have come
from Thy hand and obey Thy word.
I alone have been guilty of dis-
obedience. Make me ever faithful to
Thee, my good God.

Thou hast chosen me from eternity,
and Thou art ready to keep me
united to Thee for eternity. It will
be my own fault if I profit not by
Thy goodness.

Grant that I may praise Thee also
in the earth, even for the monsters
which I fear, and the deep ravines
which strike terror into me.

Let me praise Thee for the powers
of destruction which Thou usest to
do Thy will.

Let me praise Thee in the mountains which take my thoughts to Thee ; in all the fruit trees Thou givest me, and all the shade of the cedars and the trees of the forest.

For all the beasts of the chase and cattle of the fold ; yea, even for serpents and for all birds let me praise Thee.

Let me praise Thee in the work Thou givest to the kings of the earth, and all nations, princes, and all them that judge the earth.

But most of all, let me join myself with the choirs of Thy chosen ones throughout the earth who have dedicated their lives to Thy service. To Thee only will I offer the sacrifice of praise. To Thee alone will I render glory.

Thy public praise shall be my delight beyond all things. Help me, O my God, to make myself truly fit to perform this work for the whole earth.

For by my profession I am called to sing with Thy saints, and to become a child of Israel, Thy chosen one. Would that I, too, with all Thy saints may grow nearer to Thee each day of my life !

Montes et omnes
colles, ligna fructi-
fera et omnes
cedri.

Bestiæ et univer-
sa pecora, serpen-
tes et volucres pen-
natæ :

Reges terræ et
omnes populi,
principes et om-
nes iudices terræ :

Juvenes et vir-
gines : senes cum
junioribus laudent
nomen Domini:
quia exaltatum est
nomen ejus solius.

Confessio ejus
super cælum et
terram : et exalta-
vit cornu populi
sui,

Hymnus omnibus
sanctis ejus : filiis
Israel, populo ap-
propinquanti sibi.

Cantate Domino. Ps. 149.

MAKE my praise of Thee, O Lord,
always new and more worthy of
Thee each time I come before Thee.

CANTATE Domino
canticum novum :
laus ejus in eccle-
sia Sanctorum.

Lætetur Israel in
eo, qui fecit eum :
et filii Sion exul-
tent in rege suo.

Laudent nomen
ejus in choro : in
tympano et psal-
terio psallant ei.

Quia beneplaci-
tum est Domino
in populo suo : et
exaltabit mansue-
tos in salutem.

Exultabunt Sanc-
ti in gloria : læta-
buntur in cubili-
bus suis.

Exaltationes Dei
in gutture eorum :
et gladii ancipites
in manibus eorum.

A d faciendam
vindictam in na-
tionibus, increpa-
tiones in populis.

A d alligandos
reges eorum in
compedibus, et
nobiles eorum in
manicis ferreis.

Ut faciant in eis
judicium conscrip-
tum : gloria hæc
est omnibus Sanc-
tis ejus.

My soul, striving to do Thy will,
shall be always joyful in trusting in
Thee, my Creator and my Guardian.

Make me glad to give myself to Thy
praise, and to the work of the choir.

Because Thou, my Lord, art pleased
in Thy chosen ones, grant that I may
live up to my holy profession in which
Thou didst choose me ; and, above
all, grant that I may be kind and meek
as Thou wast, that I may make the
most of Thy goodness to me.

In Thy Church Thy servants shall
be full of joy, and shall seek to give
Thee all the glory they are able. They
shall rejoice in Thy presence in the
quiet of night, turning to Thee as
soon as they wake.

Thy praise, O my God, shall be in
my mouth. Grant that I may never
discourage anyone in Thy service.
Put the two-edged sword into my
hand that I may be ready to stand
up for Thee, my King, at all times.

Let me have vengeance on myself
for my sins, and bring my body into
subjection to Thy will.

Thus shall I bind the evil spirit,
that he may do no harm by inducing
sadness and self-seeking.

So shall I cripple him, and this
shall be my glory, that some little of
the joy of heaven shall shine about
me. Close to Thee, my God, how can
I be anything but full of joy ?

Laudate Dominum. Ps. 150.

GRANT me, O my God, to appreciate and love sanctity, that I may be ready to see Thy power in all things.

The more I understand Thy power and majesty, the more perfectly shall I praise Thee.

Grant, O Lord, that I may not be wanting in any praise I can offer Thee. Let me praise Thee as a perfect musician is capable of praising Thee. Let me praise Thee by my prompt answer to Thy call in time of battle. Let me praise Thee in the quieter service of a joyful heart.

Grant that I may praise Thee in the bustle of active life, and also in the splendour of the services of the Church.

Let me praise Thee on all occasions of joy. Let every spirit praise and bless Thee, O my God, for ever. Amen.

LAUDATE Dominum in sanctis ejus : laudate eum in firmamento virtutis ejus.

Laudate eum in virtutibus ejus : laudate eum secundum multitudinem magnitudinis ejus.

Laudate eum in sono tubæ : laudate eum in psalterio et cithara.

Laudate eum in tympano et choro : laudate eum in chordis et organo.

Laudate eum in cymbalis benesonantibus ; laudate eum in cymbalis jubilationis : omnis spiritus laudet Dominum.

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Smith, Oswald, Abbot, d. 1924.
An easy way to use the psalm

